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THE NEWS-LEDGER

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42nd Year ◆ No. 36 | Serving the West Sacramento Region Since 1964 | Wednesday, April 19, 2006

Time to get clicking—



Enter the city's annual photo contest this year, and maybe your luck will be as good as Rod Overhouse's was last year. He won a first prize with this "montage" image among city residents age 18-55.

From Art Schroeder
City of
West Sacramento

The city of West Sacramento's annual photography contest, "15 Days in May," invites amateur photographers to seek out fascinating images of everyday life around town. The city awards over $5,000 in cash prizes for the best images. The contest begins Monday, May 1 and ends Monday, May 15. Photo subjects are the choice of each contestant, provided subjects are located within the city limits of West Sacramento. All images must be taken by contestants during the contest period. Only one entry per person will be accepted.

Amateur photographers may enter only one of six categories, based upon eligibility:

· Resident (with separate divisions for "Under 18," "18-55," and "Over 55");

· Non-resident;

· Currently studying photography in college; or

· Working in West Sacramento (employed by the city of West Sacramento or a West Sacramento-located company or organization).

Cash prizes are available in each of the six entry categories—$500 first prizes, $250 second prizes, and $100 third prizes. Photos are judged on the basis of originality, visual appeal, and composition. Photos may be in color or black-and-white. Either digital or film-loading cameras are allowed. Techniques used by photographers to enhance their images are permissible. A new rule for 2006 allows a contestant to enter a photo which may contain multiple images within that same photo. However, these separately-photographed images must be taken during the contest period.

There is no cost to enter the "15 Days in May" contest. Fill out the official entry form, available at city offices or the city's Web site. Turn in the completed entry form and photo print to the West Sacramento Civic Center, 1110 West Capitol Avenue, first floor, no later than May 15, 5 p.m.

Presented in association with The News-Ledger, The West Sacramento Press and Carwen Printing, the city's popular photo contest is celebrating its eighth season. In 2005, "15 Days in May" attracted 437 participants, a 25 percent increase over the previous year.

Winning photos are featured in the summer issue of "City Lights," scheduled for publication June 24. For more information about "15 Days in May," call (916) 617-4500 or visit the city Web site (www.cityofwestsacramento.org).

President Bush coming to visit West Sacramento hydrogen car facility

President George W. Bush plans a visit to an alternative energy research facility in West Sacramento on Saturday. The visit is the first by a U.S. president in modern memory – the News-Ledger was unable to locate information on any previous presidents to the region.

The president plans to tour the California Fuel Cell Partnership on Industrial Blvd. and fronting the U.S. 50 freeway. The facility, founded by a coalition of auto manufacturers and others, is a pioneer in hydrogen fuel cell technology.

When Mr. Bush will visit, and other details of his motorcade and itinerary, were either "still being worked out" or "not being released" as of press time yesterday. A spokesperson from the fuel cell group referred questions to the White House Press Office, which was not releasing information. And Lt. Dave Farmer of the West Sacramento Police Department referred questions to the Secret Service.

Special Agent Brady Mills of the Secret Service told the News-Ledger that not much information was being given out, including the proposed time of the visit.

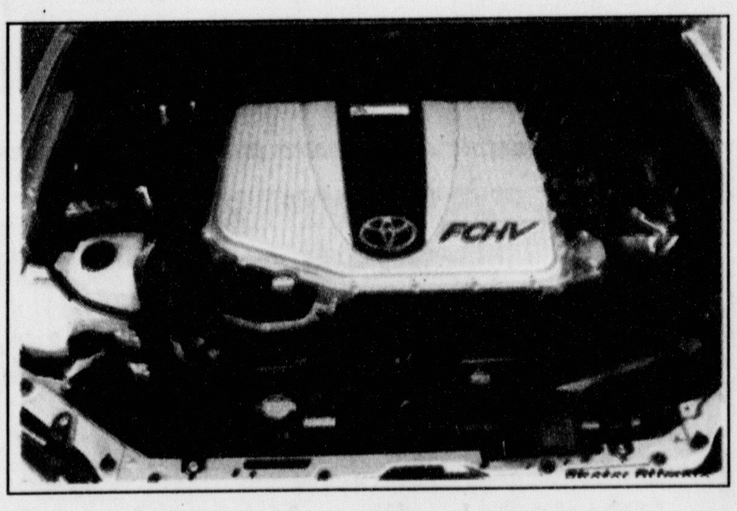
Might there be traffic snarls due to the motorcade and its attendant security?

"Delays might be typical," Mills allowed. "But fortunately, it's a Saturday, so they shouldn't be too long."

The president is expected to make a public statement in West Sacramento about alternative energy sources.

Photos courtesy of California Fuel Cell Partnership





ABOVE: California Fuel Cell Partnership, which opened in 2000 on Industrial Boulevard in West Sacramento.

RIGHT: Under the hood of a Toyota with a "fuel cell stack," using hydrogen to generate power and emit only water vapor from the tailpipe

'Wolf' gets Southport's attention

Anyone crying "wolf" in Southport last Wednesday would not have been too far off.

At least one elementary school in southern West Sacramento was warned to keep kids indoors, and some residents were frightened as the "wolf" was pursued by Yolo County Animal Services. The animal, actually a "hybrid" of both wolf and dog lineage, was captured.

Several phone calls to Yolo County Animal Services to request further information did not bear fruit.

"Wolf hybrids" are popular as pets in some circles, but most authorities discourage keeping them as pets, as they are not fully domestic.

Dead man had been hit by train

A man found dead last Tuesday, April 11, near the I Street Bridge had apparently been struck by a train.

The 54-year old man was later identified as a transient, but his name was being withheld pending notification of family members. The circumstances of his death had not been determined as of yesterday, but a police spokesperson said that foul play is not currently suspected.

Superintendent selection

A citizen's committee to help select a new school superintendent met for the first time yesterday.

"We decided on our interview questions," reported Liz Bagdazian, the chairperson of the Superintendent Selection Advisory Council. "There was a consensus."

Bagdazian added that those questions, to be asked of finalists for the job as chief of the Washington Unified School District, are confidential. Committee members will also be sworn to confidentiality regarding the interviews and the candidates.

The deadline to apply for the superintendent's job passed this week. The committee of ten is set to interview those finalists on May 12, after a selection process shepherded by a consultant, the California School Board Association.

"Then we'll make a report to the school board on the strengths and weaknesses of the candidates, and they make the sole choice," said Bagdazian.

Lamar leads rookies in Nascar series

By Barry Blacklaw

West Sacramento native Burney Lamar continues to lead the chase for the Nascar Busch Series stock car "rookie of the year" honors, after coming from a 21st position at the start to finish seventh in the Pepsi 300 on Saturday in Nashville, Tennessee.

The race took Lamar from the fifteenth position to the tenth position in overall points in the Busch series. He races next on Saturday at the Phoenix International Raceway.

New titles at West Sacramento library

The Arthur F. Turner Branch Library has received the following new books:

"Boy Crazy!: Keeping Your Daughter's Feet on the Ground When Her Head Is in the Clouds" by Charlene C. Giannetti.

"Winter Blues: Everything You Need to Know to Beat Seasonal Affective Disorder" Norman E. Rosenthal, MD.

"Good Debt, Bad Debt: Knowing the Difference Can Save Your Financial Life."

Have you ever dreamed you were soon to be rich?

My daughter dropped by the house this past Saturday morning to give me a chance to see and play with my soon-to-be one-year old grandson and the first words out of her mouth were, "Boy, Dad, you wouldn't believe what I dreamed about last night!"

"And I don't want to know," I said without hesitation, having spent countless years hearing all about my daughter's weird and sometimes downright scary dreams.

"But this one was about you," she said.

"Then I definitely don't want to hear about it!"

"But it didn't have any wild beasts chasing me and trying to eat me or anything like that," she assured me. "There was no blood and guts at all in this one. You can handle it."

"Carrie," I said as nicely as I could, "as much as I love the conscious you, you and I both know that your dream-life is beyond strange. Now when you were younger, I just thought it was a stage you were going through or something, but as the years went by with you reporting a brand new blood-curdling dream almost every morning of your adolescent life, it finally dawned on me that the unconscious you is best left not discussed in too much detail -- if at all -- and I think we should just leave things that way."

"But I thought you liked hearing about all my dreams when I was a little girl."

"No," I admitted, "I just said that when you were young because I was trying to be one of those good fathers who actually listen to their kids."

"Well," she said, "I still want to tell you about my latest dream because it was all about you."

"Okay," I said reluctantly, "you can tell me, but it better not end up with some multi-fanged creature previously unknown to science gnawing away on one of your legs or something."

"No," she assured me, "it was nothing like that. In fact, it took place on a bright and sunny day (my daughter usually dreams in technicolor) in Australia, and you know how you love Australia."

"So, just what were you and I doing in Australia?" I asked cautiously.

"Actually, it wasn't just the two of us. The whole family was there. You, me, mom, the boys, everyone, and we were all a lot younger than we are now. We were on this big luxury boat in Sydney Harbor, right next to that fancy opera house they have there on the water's edge."

"We were on a luxury boat? The Fisher family?"

"Oh, yeah, it was huge, and then over the loud-speaker the captain of the boat suddenly said that Daryl Fisher -- he pronounced your name very slow and carefully -- was supposed to immediately report to his cabin for a treasure hunt."

"A treasure hunt?"

"That's right, and when we all got to his cabin, we were really excited and wondering what this was all about."

"So what was it about?" I asked with interest.

"Well," explained my daughter, "the captain's cabin was really fancy and decorated with all these shiny nautical things and off in one corner were these three giant treasure chests, and after the captain shook hands with you and flirted with mom a bit he asked you to choose one of the treasure chests and said you would get to keep what was inside."

"Really?"

"And do you know what he said was inside the three treasure chests?"

"What?"

"He said that in one was the keys to another luxury boat just like the one we were on, and that in another were the keys to a giant mansion in downtown Sydney, and that the last one was full of cash totalling over one million dollars."

"Wow," I said, "it sounds like your dream somehow got me on one of those `Let's Make A Deal' programs -- except every single one of the doors had something really good behind it."

"Well," said my daughter sadly, "that's what we all thought at the time, too, until you finally made your choice. But when we all ran over and opened up the treasure chest you picked out, it was full of nothing but croissants -- dozens and dozens of freshly baked croissants."

"Croissants?" I asked with a smile. "You mean those things you get at La Bou with your morning coffee?"

"That's right," answered my daughter, "and what was even worse was that the captain ended up handing them out to all the other passengers and we didn't even get one ourselves."

"But what happened to the mansion, and the luxury boat, and all that cash?" I asked.

"I don't know. When I woke up I was still trying to get the captain to give me one of the croissants before they were all gone."

"Well," I said to my daughter, "after all these years, I think I actually know what one of your dreams means?"

"What?"

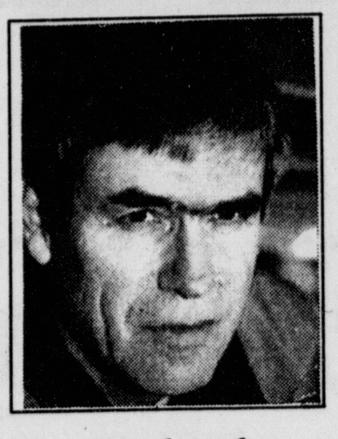
"You were just having the `I wish my parents were rich' dream that all kids have at one time or another in their lives. I guess you just waited longer than most to have it. And the fact that I picked out a treasure chest full of croissants instead of the one with a million bucks in it just goes to show that for better or worse, you have a real good understanding of your father."

"But I really wanted you to win that big mansion in Sydney, or have your very own yacht. Haven't you ever wanted to be rich, Dad?"

"Now what would I do with a yacht and mansion in Sydney? The only time I was on a big boat I got seasick, and I'd have to watch those weird cricket matches on TV instead of the Giants and Kings games. Plus there's that old Camus saying that goes `A life directed towards money is a life directed towards death', and to tell you the truth, anyone who was born and raised in West Sacramento like I was will tell you that the main goal in life was just to make it over the bridge into Sacramento, not to get rich."

"But you didn't even manage to do that," my daughter reminded me.

"I know," I said, "but just between you and me, it's that little simple twist of fate that has made me rich in so many other ways."



Off My Back Pages

By Daryl Fisher

THE NEWS-LEDGER

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The News-Ledger was founded August 14, 1964. It is the successor to the *Weekly Reader*, founded by Julius A. Feher in April, 1938, and incorporates the *West Sacramento News*, founded by Julius A. Feher in August, 1942.

The News-Ledger is a weekly newspaper published every Wednesday. It provides coverage by mail and other distribution to the city of West Sacramento, including the communities of West Sacramento, Bryte, Broderick and Southport.

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Barry Blacklaw,
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News submissions: The *News-Ledger* welcomes information on local news and events. Please submit written news items to the below address by mail or in person, or through the office mail slot. News deadline is Friday before publication. Please include your name for attribution and your phone number in case we have any questions.

Opinion submissions: Letters to the Editor on topics of local interest are welcome. They must be signed, original, and must include the author's telephone number and address for verification. Letters should be brief and may be edited for length or objectionable or libelous content. Deadline is Friday before publication, and letters may be mailed or dropped off at the *News-Ledger* office.

Advertising: The deadline for classified advertisements is Monday at 5 p.m., and ads should be prepaid. An ad of up to 25 words costs $3.50, plus 10 cents for each additional word, per publication. Please mail ad and payment to the address below, or drop it off in the *News-Ledger* office or through the office mail slot.

Deadline for all other advertising is 5 p.m. on Friday. Please call 371-8030 for information on display advertising and advertising inserts.

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OBITUARY

June Daigh



June Daigh was born on June 24, 1912 in Marmoth, North Dakota and passed away on April 10, 2006 in Sacramento. She was the beloved wife of the late Harry (Jack) Daigh for 55 years and a 58 year resident of West Sacramento. She was preceded in death by her son, Harry (Jackie) Daigh.

June was a loving mother to Harman Daigh, Jeanette Caffero and husband Ronald, and Joyce Ballow and husband Tom, and a very special grandmother to Gerry (Jimmy) Freitas, Harman Daigh Jr., Jude (Nate) Sanford, Kathy (Mearl) Hales, Janice (Andy) Pape, Ron (Rhonda) Caffero, Allen (Lori) Anderson, Dalene Allen, and Tes (Ryan) Hutchings. She is also survived by many great and great-great grandchildren. Private services for close family members.

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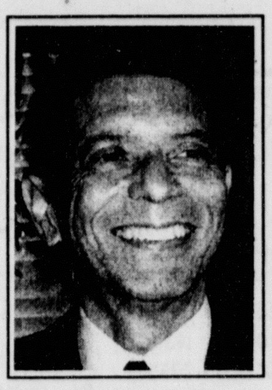
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SPORTS

SPORTS INSIDER

By Rich Novoa



By Richard Novoa

Well, Kings fans, Ron Artest delivered on his January 29th promise that the Sacramento Kings would make the NBA Playoffs and we know he can talk the talk but can he walk the walk! Artest not only guaranteed a playoff appearance but he also predicted a first round victory. Do you remember how the Kings fared last year? Yes, it was a short-lived series when the Kings were eliminated 4 games to 1 by Ray Allen and Supersonics.

The NBA's second season starts on Saturday, April 22nd and the eighth place Kings have qualified for the playoffs for 8th consecutive year. Let's not forget they can still work their way up to the seventh spot with a season finale win over Seattle on Tuesday night and Lakers loss on Wednesday against New Orleans. The eighth seed will get you the Spurs while the seventh spot will send the Kings or Lakers to Phoenix to play the run and gun Suns.

The top seed in the Western Conference was won by San Antonio (62-19) followed by Phoenix (52-28), Denver (44-36). Dallas (60-21), the fourth seed, actually won the second most games but rules don't allow two teams from the same division the top seeds so the Mavs will play Memphis while the Nuggets play the dangerous Clippers.

In the Eastern Conference, the Detroit Pistons (64-14) are the favorite to win the whole enchilada followed by Miami (52-28), New Jersey (49-31), Cleveland (48-32) and Washington (40-40). After these five teams the rest are just that – the rest! The Pacers, Bucks, and Da Bulls all lost (41) more games than they won (39). The best series will be between the Cavs and Wizards!

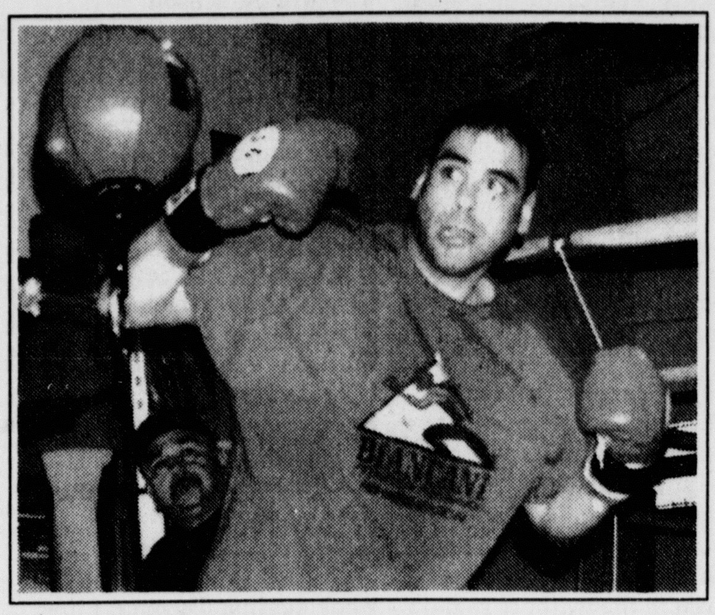
Kings Korner

The Kings playoff season will probably match up better against the Suns but the odds are they will open the extended season playing the first two games of the playoffs in San Antonio. The job to advance in the playoffs won't be impossible but the Spurs are the hands down favorite to win the Western Conference.

The first round of the playoffs are usually pretty safe for the top seeds but this year but I like the Kings chances at upsetting the Spurs or Suns. The Kings road record has improved drastically since the arrival of Mr. Artest. The Kings have won in San Antonio this season but remember the Spurs have a great team and a bench of seasoned veteran's that include Robert Horry, Brett Barry, Finley and Nick Van Exel, the Kings Killer!

The Kings made a strong run to the post season after being 5 ½ games out of the final playoff spot on Jan. 29th. Then general manager, Geoff Petrie, made the trade of the year! Peja for Ron Ron! The Kings were 18-24 with Peja and then posted a 25-14 record with Artest! The Kings are actually going into the playoffs healthy with no reported injuries, unless I jinx them up for Tuesday night's game.

The post season is new to forward, Shareef Abdur-Rahim, so expect something special from this 10-year veteran. It will be Shareef's first playoff appearance but the Kings offense will be led by Bibby, who has been on fire. The team has been playing together and the chemistry is at its peak. Another good sign has been that Bonzi Wells and Brad Miller have been taking the ball to the hoop and grabbling rebounds! If the Kings can win one of the first two games in San Antonio they could steal this series. That's a big "IF!"



West Sacramento's Hector 'El Rey' Martinez

Boxing

The pride of West Sacramento, Hector "El Rey" Martinez will be fighting on matchmaker, Don Chargin's, Friday night of boxing on April 21st at the Arco Arena. Martinez (2-0, 2 KO's), the 2003 Northern California Golden Gloves Champion, will make his third professional appearance on this outstanding night of boxing.

Sacramento's International Boxing Association champion, Rogelio Castaneda will be headlining a historic night of boxing. This "Golden Boy" promotion promises to be a night to remember for local boxing fans. .

Castaneda (21-10-3, 7 KO's) will be defending his light-weight title in a 12-round main event against Craig Weber (21-1-2) but what's really interesting is that Rogelio's two brothers Jose and Ernesto Castaneda will also be on the card. Castaneda bout against Weber will be the third meeting between these two warriors. Rogelio fought Weber twice in Ohio winning the first fight in 12 rounds and then battling to a 12-round draw in the second match.

Please see SPORTS, p. 4

RAIDER ROUNDUP

By Troy Turner

Varsity Boys Baseball

Last week, the boys varsity team from River City High School participated in the Cordova Easter Tournament, coming home with one win and three losses. They beat Valley Christian, but lost to Wood High, Rodriguez High and Bear Creek. In league play, the Raiders still remain in second place behind Vanden with a 3-1 record. Both Larry Ayson and Ray Perez lead the Capital Valley Conference in steals. This week, they will play Highlands High twice.

Girls Varsity Softball

The girls program is almost a mirror image of the boys program. They also currently sit in second place in league play, behind the Vanden Vikings, with a 2-0 league record. River City's Maria Christy Cabrera currently leads the league in ERA (earned run average) for all pitchers. Last week, the girls played in the Freedom Park Tourney, beating Douglas High and Yosemite High, but they lost to Foothill twice. This week, the face the Vanden Vikings in a crucial league game.

Girls Varsity Soccer

The girls varsity soccer team was idle last week. They remain in third place with a 3-3 record. This week, they face Dixon and Rio Linda.

Two wins for tennis team

From River City High School

The River City High School tennis team still has an unblemished record in 2006 following a pair of 6 to 1 wins last week. The Raiders improved to 13 and 0 after defeating both Sacramento Country Day and Argonaut on the road.

Against Sacramento Country Day RC quickly jumped to a 4-0 lead thanks to a default and singles victories by Jordan Balluch, Vu Tran, and Chris

Please see TENNIS, p. 4

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Sports QUIZ

by Chris Richcreek

1. How old was Ted Williams when he won his final batting title?
2. Which league has had the most relief pitchers win a Cy Young Award?
3. Entering the 2006 college football season, Florida State's Bobby Bowden (359) and Penn State's Joe Paterno (354) are the top two in Division I career coaching victories. Who is No. 3 among active coaches?
4. In the 1994-95 NBA season, the No. 2 (Jason Kidd) and No. 3 (Grant Hill) overall draft picks of the 1994 NBA Draft were named co-Rookies of the Year. Who was the No. 1 overall pick in that draft?
5. Which team plays its home games in the NHL's oldest arena?
6. Name the last NASCAR driver to win the Cup championship in his second full season.
7. Entering 2006, name the last time tennis star Andre Agassi won at least two grand-slam events in a single year.

Answers, page 4

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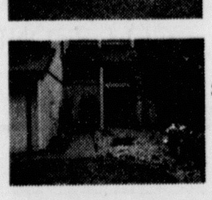
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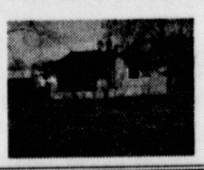
3270 Cayman Island
$595,500
Tour castle awaits! JTS Portola Model in desirable Bridgeway Island. This 4bdrm/3ba model, has grand foyer leading into elegant living rm/grandstone fireplace, family rm has fireplace & media niche. An architectural dream complete with turret!
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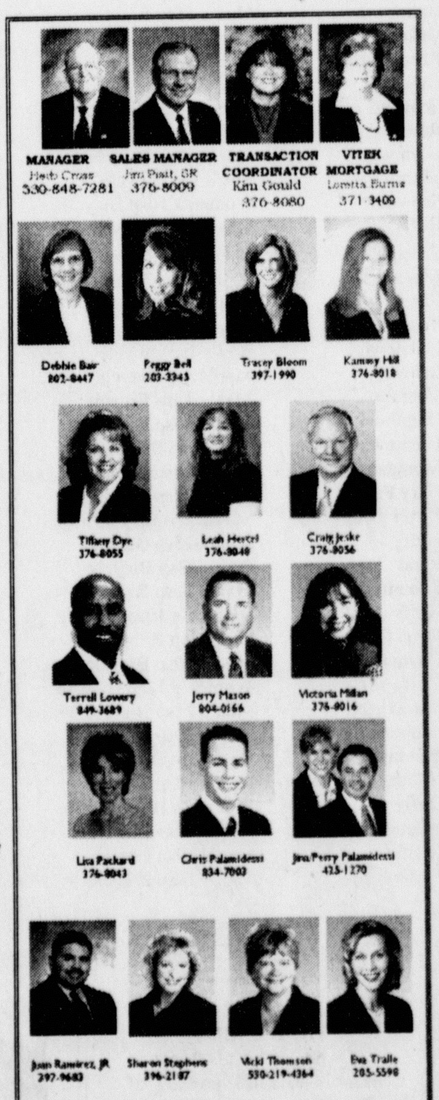
2328 Cottage Way
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One of a kind property on nearly one half acre. Lots of potential with room to expand. This 3bed/1ba home boasts an updated kitchen, hardwood flrs, dual pane windows.
Chris Palamidessi 834-7003



2656 Independance Ave
$284,900
Sparkling Halfplex! All the works been done in this 2/1.5 halfplex in southport. New flooring, new light fixtures, new faucets, fresh paint throughout. Nicely landscaped, private backyard with patio overhang & dog run.
Chris Palamidessi 834-7003



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TENNIS
from page three

Salazar. Two wins in doubles play from Bjay Patel and Dipak Patel, and Michael Soto and Andrea Kaine clinched the win for the Raiders before rain washed out the rest of the matches.

Up in Jackson against Argonaut RC won four matches by the convincing score of 6-0,6-1. John Shofner (#2 boys singles), Yelena Ionova (#2 girls singles), as well as the girls doubles pair of Koy Saetern and Anna Bouttavong, and the mixed doubles team of Kristina Michener and Michael Soto all cruised to victories. The Raiders also won the top girls singles match where Vu Tran posted a 6-1,6-2 score, and the boys doubles contest where Ou Saejao and Brandon Yip overcame a slow start to finish 6-4,6-0.

RC has a hectic schedule over the next week with a backlog of matches due to a very wet March and early April. Tomorrow, the Raiders travel to Dixon. On Friday, they host Forest Lake Christian. Monday has Mira Loma visiting and on Tuesday, RC goes to Center. All matches begin at 4 p.m.

SPORTS
from page three

"Los Tres Hermanos" will create a family affair to support the outstanding 8-round semi-main event featuring Woodland's junior-lightweight sensation, Vicente Escobedo (9-0, 9 KO's) against Puerto Rican, Daniel Jimenez (13-1-1, 8 KO's).

Rogelio's oldest brother Jose, 31, will be making his professional debut while journeyman Ernesto, 24, (12-6, 6 KO's) will tangle with another Sacramento fighter, Otis Griffin, in a 6 rounder. Tickets are available at the door and the event is set to start at 5:30 p.m.

Major League Baseball

The weather continues to put a damper on the Northern California baseball season. The Giants had to postponed two games last week but both the Giants and A's waded through the water to remain at the top of their divisions. Another note is that Bonds has yet to hit a home run this season but it's a wonder he can even concentrate at the plate with all the distractions. On the other hand Cards third baseman Luis Pujols and Detroit's Chris Shelton have already cracked nine home runs in the first two weeks of the season.

The G-Men are in Arizona and Colorado this week while the A's are home entertaining the Detroit Tigers and Anaheim Angels.

River Cats

Somebody please make it stop raining! The Sacramento River Cats and the Las Vegas 51s split a doubleheader Monday evening at Raley Field after their Easter Sunday game was postponed and rescheduled for a Monday doubleheader. Las Vegas won the first game 7-1 and the Rio Gatos won the nightcap 2-0. The Cats (7-4) are at home this week against Tacoma; I just hope the Sun comes out to play!

Enjoy your day- see ya next week!

'Cats beat LV twice

By Troy Turner

Before a near-sellout crowd of 14,000, the Sacramento River Cats beat the Las Vegas 51's by a score of 4-3 in their first home game of the season on Friday.

Doug Clark hit a solo home run in the first inning for the River Cats, and added another late in the game to help Sacramento to victory. The River Cats were behind in the sixth inning, but rallied late to take the final 4-3 lead.

Pitcher Santiago Casilla came in in the ninth inning to strike out two and seal the win.

The next day, the River Cats cruised to a 17-4 win against Las Vegas.

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$100.00 OFF! Exp. 4/30/2006 With this coupon, for new customers with 3-month rental
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15 DAYS IN MAY
MAY 1st thru May 15th
PHOTO CONTEST
CAPTURE EXTRAORDINARY IMAGES OF EVERYDAY LIFE IN
WEST SACRAMENTO
$500
TO FIRST PRIZE WINNERS IN EACH ENTRY DIVISION
THE NEWS-LEDGER
THE WEST SACRAMENTO PRESS
Comman PRINTERS

THEME: "Capture extraordinary images of everyday life in West Sacramento"

CATEGORIES: Open to amateur photographers only (those who do not sell photography). Enter the category which best describes you:
West Sacramento Residents ■ Under 18 ■ 18-55 ■ Over 55
Nonresidents (anyone LIVING OUTSIDE of West Sacramento, any age)
Working in West Sacramento (EMPLOYED within West Sacramento)
College Photography Students (ENROLLED currently in a photography class)

DETAILS: Only ONE entry per photographer will be accepted. Photos no larger than 5 x 7 inches accepted. No mounting or framing. Black & White OR Color photos may be submitted in all categories.

■ AWARDS		1st Place	2nd Place	3rd Place
West Sacramento Residents Only	■ Under 18	$500	$250	$100
	■ 18-55	$500	$250	$100
	■ Over 55	$500	$250	$100
■ Nonresidents		$500	$250	$100
■ Working in West Sacramento		$500	$250	$100
■ College Photography Students		$500	$250	$100

TO ENTER - It's FREE! Take a photograph between May 1st and May 15th and submit a print with your completed entry form (below). Photos will be judged on visual appeal, contest theme, composition, and originality.

DEADLINE for ENTRIES: 5:00 pm May 15th

MAIL or DELIVER YOUR ENTRY TO: 15 Days in May Photo Contest, c/o West Sacramento Civic Center, 1110 West Capitol Avenue, West Sacramento, CA 95691

Official rules available at city of West Sacramento offices, or (916) 617-4500 www.cityofwestsacramento.org

OFFICIAL ENTRY FORM

NAME _____
Address _____ street
_____ city _____ zip
Home telephone ( ) ___-____ phone
Business or message telephone ( ) ___-____ phone

ENTRY CATEGORY (check only one box) ✓
West Sacramento Resident: ☐ Under 18 ☐ 18-55 ☐ Over 55
☐ Nonresident of West Sacramento (any age) ☐ Working in West Sacramento
☐ College Photography Student

PLEASE SPECIFY location, time and date the photo was taken
_____
TITLE OF ENTRY

I have reviewed the "15 Days in May Photo Contest" guidelines and agree to enter the contest as outlined. I am entering the category for which I am most eligible. I agree to enter at my own risk, and do not hold the city of West Sacramento, sponsors or coordinators responsible in the event of damage or loss of photo. I authorize the city of West Sacramento to use my name and/or photograph for publicity, promotion and advertising purposes.

I understand that winning photographers must provide negatives or digital files of winning entries and that photographer recognition by name will be given when possible, but is not guaranteed.

Signature _____ Date _____

LEGAL NOTICE

RE: West Sacramento Police Department Auction, April 29, 2006

Notice is hereby given by the undersigned Dan Drummond, Chief of Police, West Sacramento Police Department, that University of California, Davis, located at the UC Davis Transportation/Parking Services, phone (530) 752-BIKE, on Saturday, April 29, 2006, 9:00 a.m., will conduct a public auction. Approximately 350 bicycles and other miscellaneous property will be auctioned. Articles to be auctioned are lost or abandoned and the owners thereof not known.

Bicycles can be viewed at UC Davis Transportation/Parking Services at 8:00 a.m. on the day of the auction. Auction will be held at 9:00 a.m. For additional information call (530) 752-2453.

ITEMS

BRAND	ITEM	SERIAL NUMBER
Next	Man's 21sp Bicycle	DCL04B21533
Rhino	Boy's 1sp Bicycle	38363971
Timberlake	Man's 14sp Bicycle	Unknown
Huffy	Boy's 18sp Bicycle	AL20E31691
Mongoose	Man's 18sp Bicycle	VC1I113361
Rallye	Boy's 1sp Bicycle	38333091
Unknown	Man's 1sp Bicycle	SNGNP04329089
Magna	Women's10sp Bicycle	3445206
Open Road	Man's 12sp Bicycle	0890917164
Mongoose	Man's 15sp Bicycle	SACI112261
Unknown	Man's 10sp Bicycle	02617
Nishiki	Women's 12sp Bicycle	GA92211068412
Mongoose	Boy's 1sp Bicycle	Unknown
MGX	Man's 21sp Bicycle	M988125240
Scott	Man's 21sp Bicycle	S3J00954
Unknown	Man's 15sp Bicycle	AA01678
Unknown	Man's 18sp Bicycle	295594
Roadmaster	Man's 18sp Bicycle	RMC23377096
Huffy	Boy's 1sp Bicycle	BB02H106738
Schwinn	Man's 18sp Bicycle	SD211177
Roadmaster	Man's 18sp Bicycle	HH0952434
Olympic	Man's 10sp Bicycle	4206171171
Murray	Boy's 1sp Bicycle	5368y55051083
Schwinn	Women's 10sp Bicycle	Unknown
Huffy	Man's 18sp Bicycle	HC0906712
Raleigh	Man's 5sp Bicycle	F0084425
Magna	Women's 15sp Bicycle	98TD915565
Pacific	Girl's 5sp Bicycle	AU198495
Tsung	Boy's 10sp Bicycle	TK97060542
Unknown	Boy's 1sp Bicycle	02TD5280236
Schwinn	Man's 5sp Bicycle	GY758558
Ventura	Man's 15sp Bicycle	6645911752185
Unknown	Man's 10sp Bicycle	S411006300
Unknown	Boy's 1sp Bicycle	U7190346
Mongoose	Man's 24sp Bicycle	03063566
Gary Fisher	Man's 21sp Bicycle	C03110115
Huffy	Man's 5sp Bicycle	Unknown
Huffy	Man's 15sp Bicycle	KHF3A07099
Rand	Boy's 12sp Bicycle	C990251932
Roadmaster	Man's 10sp Bicycle	RG6CCC4895
Huffy	Women's 10sp Bicycle	463669242612F9355
Dyna Craft	Girl's 1sp Bicycle	45574456
Daytona	Man's 10sp Bicycle	38759114514H2637
Huffy	Women's 12sp Bicycle	HC6010438
Specialized	Man's 21sp Bicycle	P9IH16059
Schwinn	Man's 10sp Bicycle	Unknown
Roadmaster	Boy's 1sp Bicycle	F7139909
Voltage	Man's 18sp Bicycle	JI09002886
Huffy	Women's 10sp Bicycle	HC0516161
Magna	Man's 12sp Bicycle	98TD238325
Pacific	Man's 10sp Bicycle	C97G7412
Motiv	Man's 18sp Bicycle	D90700655


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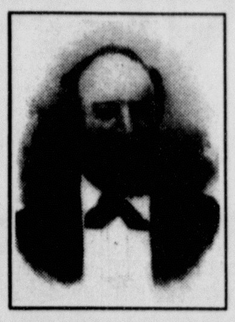
WEST SACRAMENTO PLANNING COMMISSION NOTICE OF CANCELLATION

The May 4, 2006 meeting of the West Sacramento Planning Commission has been cancelled.

The next meeting of the Planning Commission will be held on, May 18, 2006, at 6:00 p.m. at City Hall, 1110 West Capitol Avenue, West Sacramento.

Stephen M. Patek, Director
Community Development Department
Apr 19


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POLICE LOG

April 10, 3:26 a.m.

A 46-year old woman was arrested for punching her husband in the face, causing visible injury, in an incident on West Capitol Avenue.

April 11, 2:35 p.m.

A 46-year old man was contacted by officers for disorderly conduct and public drinking on the 2300-block of West Capitol Avenue. He had slurred speech and other signs of intoxication, as well as five warrants for his arrest issued in Sacramento. He was arrested.

April 13, 1:50 a.m.

An officer stopped a car near Jefferson Blvd. and Devon Road for a vehicle code violation. In the car were three men age 20 to 25, all of whom were on searchable probation. A search turned up burglary tools in the vehicle. All three men were taken into custody.

April 13, 12:10 p.m.

A 38-year old man was arrested for pushing his wife on the sidewalk in front of a bar at the 2100-block of West Capitol.

April 13, 1:10 p.m.

A 24-year old man was arrested after being found in possession of a "billy club" while driving, after a traffic stop on Bowlen Drive.

April 14, 2:40 a.m.

A 35-year old man was stopped for speeding on Solano Street. He consented to a search by an officer, then pulled away and finally fled on foot. Then he surrendered, lying flat on the ground. An officer deployed a Taser but did not deem it necessary to use the device. Found in a search were 57 grams of cocaine.

April 14, 10:18 a.m.

A 55-year old man took off his clothes in front of three small children and several adults at a Jefferson Blvd. business and remained naked while washing the clothes in a sink. Two adults placed him under citizens' arrest. The man had no ID to show police, and said he had recently arrived from Nevada and Texas.

April 14, 10:29 p.m.

An officer contacted a 19-year old known gang member standing with two other validated members of a local gang, in violation of an anti-gang injunction and its curfew. At least one of the men was arrested. The incident took place at Cummins Way and Hardy Drive.

April 15, 12:15 a.m.

A 30-year old man was seen driving a reported stolen car on Evergreen Avenue, and was stopped by police. The man said he had borrowed the car from a friend. The car's owner could not be reached by phone and the suspect was arrested.

April 15

An officer contacted a 22-year old man driving near Sacramento Avenue and Simon Terrace. The man was on probation and a search turned up 0.2 grams of methamphetamine in the vehicle. He was booked. A police dog also showed a "positive reaction" to the car's driver's seat and passenger door areas.

April 15, 9:45 a.m.

An 18-year old man was seen in a van on Todhunter Avenue. His mother, the van's owner, had reported the van stolen. The man admitted that he did not have permission to use it. A passenger, believed to be unaware of the issue, was released, but the 18-year old was arrested.

April 14, 11:59 a.m.

A 30-year old Sacramento woman attempted to cash a counterfeit payroll check at a business on the 600-block of Jefferson Blvd. She was arrested. She was already on felony probation for assault with a deadly weapon in Sacramento County.

April 15, 12:18 p.m.

An employee of a Harbor Blvd. store detained a 19-year old man for shoplifting. The man had no identification. During a search while being booked into jail, drug paraphernalia was found in his possession.

April 15, 5:45 p.m.

An officer contacted a 47-year old homeless man near the railroad tracks and the I Street Bridge, at the request of a Union Pacific railroad police officer. The man, a parolee, was determined to be outside of his county without a pass, and was severely inebriated as well as "obnoxious, threatening and insulting" to officers. He was arrested.

April 15, 9:18 p.m.

Police responded to a Sacramento Avenue domestic dispute, in which a man choked his fiancée, leaving red marks on her neck. He was also accused of squeezing her hand hard enough to cause an injury to her finger from a ring.

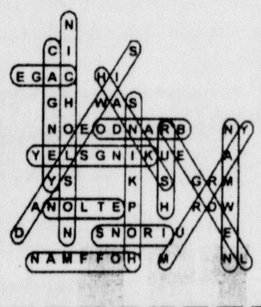
ANSWERS to Sports Quiz (P. 3) & Puzzles (P. 8)

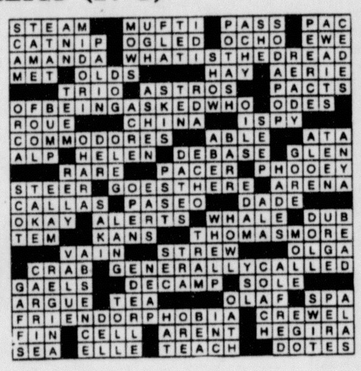
Rational Numbers
answers

8	1		1	5	
4	5	2	8	6	
	6	3		7	7
5		4	8		3
2	4		4	1	
	2	2	6	4	3
	3	1		6	2

Weekly SUDOKU
Answer

3	8	5	1	2	6	4	7	9
4	7	1	9	5	8	2	6	3
9	6	2	4	7	3	5	1	8
8	3	7	2	1	9	6	4	5
5	2	6	7	3	4	8	9	1
1	9	4	6	8	5	7	3	2
7	5	9	3	4	2	1	8	6
8	1	8	5	9	7	3	2	4
2	4	3	8	6	1	9	5	7





Differences: 1. Sign is different. 2. Badge is missing. 3. Pocket is added. 4. Stripe is missing. 5. Kerchief is different. 6. Pen is missing.

Answers

1. He was 40 when he hit .328 in 1958.
2. The National League has had five, the American League four.
3. Virginia Tech's Frank Beamer, with 188.
4. Milwaukee selected Glenn Robinson first overall.
5. The Pittsburgh Penguins play in Mellon Arena, which opened in 1961.
6. Dale Earnhardt in 1980.
7. In 1999, Agassi won the French Open and U.S. Open.

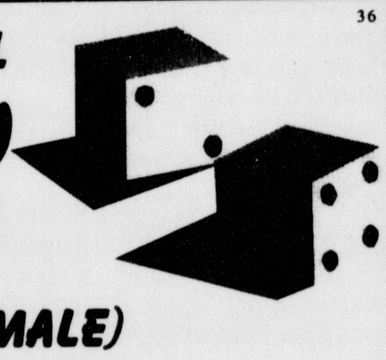
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$25 per person, includes dinner courtesy
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First-time players welcome!
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James F. Lee, M.D.
Susan Rosten, F.N.P.
Tari Smith, P.A.
Kim Hernandez, P.A.





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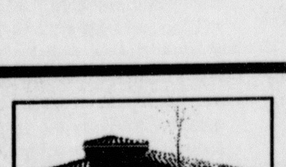
Science fair

Holy Cross School's 7th grader, Moid Khan, won the second place award in the Junior Division of Physical Sciences at the Sacramento Regional Science and Engineering Fair at Cal Expo on April 9, 2005. Moid's project measured the brightness of light bulbs. Other Holy Cross participant's were Christian Jones, Tayler Kutsch and Mina Mohaddess. Christian's project measured the size of earthquakes using his improvised seismograph machine. Mina and Tayler's project investigated the long and short-term memory of mice.

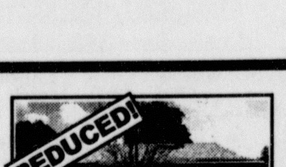


Divorce Recovery Workshop

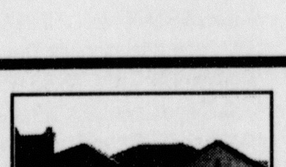
Divorced, Separated, Widowed, Broken Relationship
OPEN to the Public
March 28-May 9, 2006 on Tuesday evenings, from 7-9 p.m.
Classes for Adults & Children
LOCATION: Collings Teen Center, 1541 Merkley Ave., W. Sac.
Workshop is $15 (includes workbook)
Participants will be better equipped to deal with the painful feelings and challenging experiences of a divorce, separation, broken relationship or loss of a spouse.
Children will be with others their own age and will learn how to deal with the changes in their lives and how to express their feelings.
HOSTED BY: Horizon Christian Fellowship. For information or to register, call the church office, (916) 371-3458



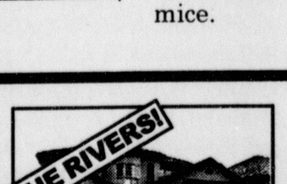
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BRAND NEW/NEVER LIVED-IN, $539,950. Meritage home, cul de sac lot, 2396sf! 3 bed, 2 ba, 3 car, Diamond Woods Estates! Must see!



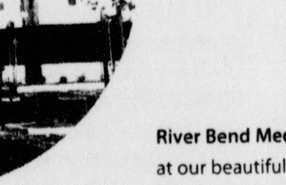
THE RIVERS, $874,900. Brand new JTS hm, green belt view, 3550sf, 6bed, 3.5ba, 3-car, upgraded carpet & tile!

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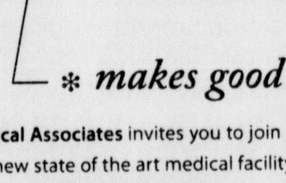
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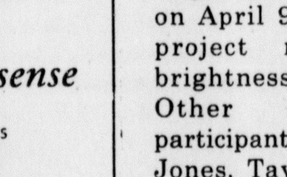
PRIDE OF OWNERSHIP! $349,900. Courtyard privacy! Huge master overlooks deck & trees. Newer roof, carpet, more!!



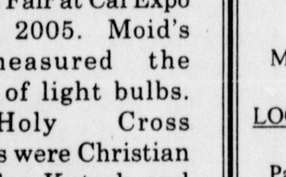
ON THE LAKE $649,900. Waterfront view, brand new! 2915sf, 5 bed, 3.5ba, 3-car, family rm w/ frplc! Never lived in!



CHARMING! $255,000. Townhome 3 bdrm. King-size master, laminate floors, fresh paint, appliances too!!

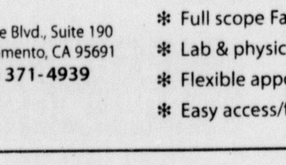


POOL + DECK!! $399,950. 4 bdrm w/laminate wood floors! Country-styled bay window nook! Wood deck surrounding pool!

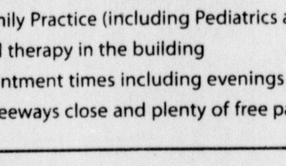


GUEST QUARTERS! $999,000. 5200 sq ft includes 1,200 sq ft guest quarters on 4/10 acre. 3 fireplaces. Plus secret space, too!

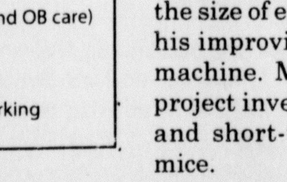
THE RIVERS: $845,000. Over 4,000 sq ft in Lake Community. Walking trails, 2 pools, village cntr.



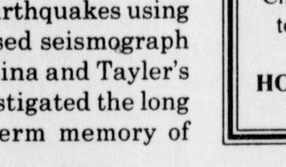
DIAMOND WOOD ESTATES, $510,950. Beautiful never lived-in, 2107sf, 3bed/2.5ba/3car, tons of upgrades, bkyrd landscaped!



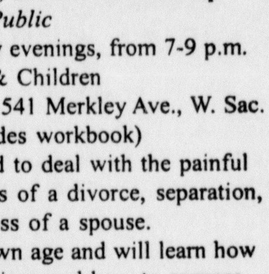
BRAND NEW, NEVER LIVED-IN, $709,900! Meritage home, 3421sf, 5bed/3ba/3car, exclusive Diamond Woods Estates! Gourmet kitchen!



Custom home w/pool, $714,000. 6/10 acre lot, 3099sf, 4-5 bed/3 bath, remodeled kitchen w/granite counter tops.



ALMOST NEW! $525,000. 5 bdrm, 3 bath, 2855 sf, granite slab kitchen island, tiled floors & counters. Pool-size yard!



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36tfn

VISIT:
www.southporthomesforsale.com
32

GREAT HOME, GREAT PRICE! 5872 Esrig Way, Sacramento CA. $364,600. This beautiful home has been updated & remodeled. 4 bdrms, 2 baths. Fireplace in living rm. Breakfast nook & formal dining area. Fully landscaped front & rear yards. JOHN KANE, Parkside Property, 916-373-5300. See home on eBay!
35

HOLD EVERYTHING! Location & charm can be found here. This gorgeous 2 bdrm features a fully updated kitchen, cent H/A,. dual pane windows, hardwood floors, & a pool size yard. Don't miss seeing this home before you buy. Parks, schools & public transportation within walking distance. For more info & pictures go to: www.jeffpuliz.com. 1939 Park Blvd., $329,800. Jeff Puliz, Parkside Property, 916-373-9600, jeff@jeffpuliz.com
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HOME PORT REALTY LISTINGS

1505 Fallbrook: "Doll House." Remodeled kitchen w/granite, remodeled bath, cozy frplc, hrdwd floors, more - $369,000.

1301 Bonita Court: quaint kitchen w/glass door cabinets, 2 frplcs, approx 1700 sf living area. Old wonderful neighborhood. Call for appt. $495,000.

1024 Fernwood St: Big 4 bdrm home, 2 bath, remodeled kitchen & bathrooms, + new appliances, granite, tile, canned lighting. $495,000.

3608 Tortola Rd: Bridgeway Island Beauty! 2003 Cresligh home, 4 bdrm, 3 bath, stainless appliances, many upgrades, backyard landscaping & patio with trellis. Compare price at $465,000.

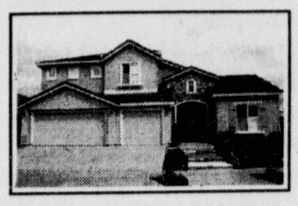
First-time homebuyer's special: 740 Douglas. All redone with new CH/A, dual pane windows, kitchen & bath updated. Great home for income qualified buyer, $265,000.

516 A St: Great location at entrance to The Rivers, 3 bdrm, 1 bath fixer, $355,000.

506 Pecan: Triplex for investor. All units 2 bdrm/1 bath. Only $399,000.

Call us for all your real estate needs! We've been here 30 years & plan on being here another 30. And don't forget -- Raul speaks Spanish!

HOME PORT REALTY
CALL 372-5933



Fantastic Bridgeway Island Home! 3400 St. Croix Rd., $599,900. Beautiful 2,743 sf home has 4 bdrms, 3 full baths. Gourmet kitchen w/walk-in pantry & breakfast nook. Spacious family rm w frplc. Formal living & dining area. Secluded 5th bdrm, den or computer area off front entry. 3-car garage. Covered patio & built-in children's play area in bkyrd. Fully landscaped in front & rear yards. JOHN KANE, Parkside Property, 916-373-5300.
See home on eBay! JK33

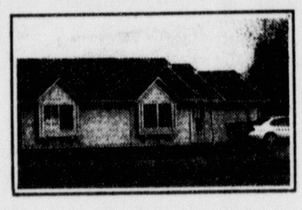


MOVE IN TODAY! 3226 Treasure Island Rd., $399,900. Great home w/3 bdrms, 2 full baths. Open floor plan, living rm 2/frplc. Large master bdrm. Sliding doors to covered patio. Fully landscaped front & rear yards. Worth your attention, with easy-to-manage low maintenance! JOHN KANE, Parkside Property, 916-373-5300. 'Your West Sacramento Specialist.'
See home on eBay! JK33

EXPANSIVE, NOT EXPENSIVE! All you need to do is move in. This spacious (2032 sq ft) 4-bedroom home is in 'Move-in ready' condition with new paint & carpets. Nice corner location with possible RV access. PRICED TO SELL! For more info & pictures go to: www.jeffpuliz.com. 3743 Cat Island Rd., $448,900. Jeff Puliz, Parkside Property, 916-373-9600, jeff@jeffpuliz.com.
36tfn

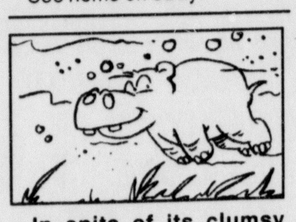


GREAT HOME FOR THE PRICE! 1001 Fremont Pl., $275,000. 3 bdrm, 1.5 baths, open airy kitchen, fully repainted inside & out. New carpet & gas range. 1-car garage. Fenced front & rear yards. CH/A. No money down loans! JOHN KANE, Parkside Property, 916-373-5300. 'Your West Sacramento Specialist.'
See home on eBay! JK33



GREAT OPPORTUNITY! 400 Grand Ave., Sacramento. $449,000. Newer duplex has 3 bdrm & 2 baths w/garages. Fully rented, or you could rent one & move into other unit to pay portion of mortgage! Each unit a little over 1,000 sf. Super location near shopping & freeway. JOHN KANE, Parkside Property, 916-373-5300.
See home on eBay! JK33

LOWEST PRICE! Touchstone condo at $274,800 in "present condition." Or $10K credit to buyers at $284,800. 3 bdrms, 2.5 bthrms. lvg rm fireplace, separate dining/family rm, built-in office system w/Murphy bed, & trellised patio. Private setting with great view of pool & grounds. RV/boat storage & tennis courts. Short walk to Nugget Market/ shops/park. Call Rosie Kane, Parkside Property, (916) 799-4241.
See home on eBay! 30tfn



In spite of its clumsy appearance, the hippopotamus is an excellent swimmer and can run as fast as a human being.

HOMES FOR RENT

Newly remodeled house for rent, $1200/mo. 2 master bdrms plus 2 1/2 baths, laundry rm. Walking distance to new IKEA. Call George or Lesley 916-849-8028.
DS32

2 BDRM bungalow in West Sac. Hardwood floors, frplc, CH/A, garage - CUTE, $1,500/mo. Call Jeff, 996-6160.
33tfn

2 BR/1 Ba home in State Streets. $900/mo. Jeff, 996-6160, jeff@westsachomes.com
35

CONDOS

NICE 2 bdrm condos, from $850/ mo. CH/A, covered parking. Call (916) 849-8028, George or Leslie.

MISC. FOR SALE

FIREWOOD, SEASONED. Hardwood 18", James Street near I St Bridge. Stacks range from $50 to $150. You haul or delivery negotiable. Ray 916-372-8733.
36ra

CHINA CABINET, medium oak color. Rounded glass front w/2 full shelves, sits on 5 drawer bse. Very good cond. $405 cash. 916-372-8733 W Sac.
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AUTOS

CAMARO 1999, Grandma's baby. 2 dr, 6 cyl, 69k mi, auto, silver, $8,300. 916-372-8733.
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OLDS ACHIEVA, 1997. Blue 4 dr, 6 cyl, auto, AC, full power, tilt. New tires, battery. Smogged 2007 tags. $2500. Ray, 916-372-8733.
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GARAGE/YARD SALES

Moving sale: Sat., April 22, 7am-noon, 2855 Jefferson Blvd, 916-212-6167. Amazing deals on baby items, computer equipment, furniture, child & adult clothing, home decor & more!
36

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BEAUTIFUL UTAH! LAND Sale - 66 Acres - $47,900. Uinta Mountain area. Outdoor lover's dream! Dramatic mountain views, close to conveniences. Surrounded by wilderness. Nearby lake and state parks. Excellent financing. Call UTLR 1-877-350-5263. (Cal-SCAN)

FISH LAKE VALLEY, NV. New to Market. 7ac Trout Stream $27,900; 11ac Trout Stream $49,900 (Abuts BLM). Eastern slope of White Mtns, Within looming presence of Nevada's highest peak and range. Snow covered year round. Providing cool, clean water that feeds the Rainbow Trout Creek which borders the entire back boundary. One of a kind! Inspiring, must see. Call 1-888-581-5263. (Cal-SCAN)

WILD WEST RANCH So. COLORADO. 60 AC - $49,900. Outstanding rocky mountain views! Elec/Tele included. Get away for a weekend or a lifetime! Low down payment with excellent financing! Call Today! 1-866-696-5263. (Cal-SCAN)

LAND/ ACREAGE

A DREAM FIND - 20 Acres - Reduced $139,900. Near Tehachapi. Fresh mountain air and picture perfect views. Streams and oaks. Ideal for horses, country getaway, or to buy and hold. Financing. Call owner 1-888-821-5253. (Cal-SCAN)

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***

Don't reserve your best behavior for special occasions. You can't have two sets of manners, two social codes—one for those you admire and want to impress, another for those whom you consider unimportant. You must be the same to all people.

—Lillian Eichler Watson

***

Healthy Ideas

(NAPS)—The American Vascular Association's 2006 National Screening Program will be held May 13 to 20 in many cities across the country. The free tests for vascular disease are noninvasive, painless and simple. It is recommended that anyone over 55 with risk factors undergo a screening. Anyone interested in undergoing a screening and learning more about vascular disease, the tests and treatments can call toll-free at (877) AVA-2010 or visit www.vascularweb.org.



***

Older Americans with health concerns or those caring for aging parents would be wise to consult a geriatrician. A geriatrician is a physician with special training and expertise in health issues affecting older adults. For help finding a geriatrician, you can contact the American Geriatrics Society Foundation for Health in Aging by calling (800) 563-4916 or visiting the FHA Web site at www.healthinaging.org.

OPINION

From the Mailbag:

Letters to the Editor

Open letter to the mayor

(Following is part of an open letter sent to the West Sacramento's mayor, Christopher Cabaldon):

I recently read two articles about your coming out of the closet as being gay. Great. I'm glad you got that off your chest but I don't really care. I just want a mayor that does a good job and as far as I know you have been.

I assume that you did not want to come out of the closet because of being labeled, name calling and stereotyping, which are reasonable fears. What really upset me was what you said about the good citizens of West Sacramento: "The pressure and the stigma and sometimes the all-too-casual bigotry in this town made it painfully clear when I first ran for office that I could either serve this community or I could be a gay man, but I could not be both." What led you to believe that West Sacramento is full of bigots? Would you answer that question for the citizens?

So, do I understand you correctly, you don't want the people of West Sacramento to call you names, label or stereotype you, but you have no problem calling us all bigots?

You said, "My personal life is no one's business, I still feel that way, but I want to set an example." As far as setting an example, lying to get to where you are and then telling the truth after you get elected is not setting a good example.

You also said, "People, voters, have a right to know, and they need to hear it from me directly." That is true and you should have told us up front, not after you got elected. How can we now trust what you say?

I am very disappointed in you as a person, doing exactly to the citizens of West Sacramento that you didn't want them to do to you. I would hope you would answer these questions and publicly apologize to all of the citizens of West Sacramento for calling them bigots.

JERRY BROWN
West Sacramento

Unintended consequences

It seems to me that the law of unintended consequences is on full display here, as it's unclear to me just how a "hydrogen highway" is going to cut alleged human accelerated global warming by reducing so-called greenhouse gases. Now, I'm not an environmental scientist (nor do I play one on TV), but if what everyone says about the main (some say only) byproduct of hydrogen combustion being water is true, then we have another problem.

To the best of my knowledge, the greatest volume of greenhouse gases are comprised of water vapor. Unfortunately, water vapor condenses into clouds that trap heat between them and the earth's surface, thereby warming it. This would lead one to believe that an unconsidered side effect of a major conversion to a hydrogen fuel economy would be to turn the atmosphere of asphalt and concrete laden heat-sinks, a.k.a. major metropolitan area's, into the equivalent of a southern swamp in August. If the use of hydrogen fuel is spread nation and/or worldwide, does anyone really know the consequences?

For hybrid's, the cost of battery replacement and, of course, the land filling bulk of corrosives and heavy metals are just now surfacing in the public's mind.

J. BESHARIAN
West Sacramento

Turn off the TV

The comedian Gallagher says, "Don't you wish there were a knob on the TV to turn up the intelligence? There's one marked 'brightness', but it doesn't work."

American households have a television set turned on an average of 8 hours, 11 minutes a day. A child spends 900 hours a year in school but 1,023 hours in front of a television. Attention-deficit problems in children are linked to early television viewing.

I invite you to join me in an experiment, April 24-30, by unplugging your TV set and taking time out to talk with friends and family, play a game, read a good book, take a walk, write a letter, or visit someone with a home-made treat. We will take advantage of this opportunity to reflect on the role TV plays in our lives.

Here are a few more reasons to reduce television viewing:

OBESITY—TV commercials advertise unhealthy foods and provide the opportunity, commercial breaks, to go to the refrigerator to look for food of poor nutritive value. Since 1980, the proportion of overweight children has doubled, and this has been attributed to an increase in the sedentary activities of television and computer games.

FAMILY CONNECTION—Two-thirds of families watch television during dinner instead of conversing and sharing highlights from their daily activities.

VIOLENCE—99.5% of more than 3500 studies have linked acts of violence to viewing television violence. In a 32-year study, Dr. Leonard Eron found that watching TV violence at age eight was the strongest predictor of aggression later in life, regardless of whether the children acted out violent behavior as children.

BRAIN DEVELOPMENT—The American Pediatric Association has declared that no child under the age of two should be exposed to any television viewing, and total television time limited to two hours per day for older children. Language, reading, analytic thinking, attention, organization, and motivation are all brain functions that may be adversely affected by excessive TV viewing.

ACADEMIC ACHIEVEMENT— Regarding school success, consider that 90 % of students' performance is determined by these five factors:

1) Number of days absent from school
2) Number of hours spent watching television
3) Number pages read for homework
4) Quantity and quality of reading material found in the home
5) The presence of two parents in the home

Notice that four of these factors are determined at home and not influenced by what takes place at school. Although I am not a classroom teacher, it angers me that our school systems, and teachers, specifically, are condemned for failing our students. Educational accountability surely begins at home. And the more TV students watch, the lower their chances of getting good grades, finishing high school, or making it to college.

T.S. Eliot once said, "The remarkable thing about television is that it permits several million people to laugh at the same joke and still feel lonely." This week provides a break from the normal, a vacation from the repetition and visual violence, an opportunity to participate in life rather than simply being a witness to it. It's not a matter of saying "no" to television as much as "yes" to life! Put down that remote for a week and say "Yes!"

ALLAN CANDEE
Branch Supervisor,
Walnut Grove Public Library, &
West Sacramento Resident



Statement of Abandonment of Use of Fictitious Business Name Filed Apr 4 2006 2003-031

The following fictitious business name, Thompson's Heating & Air Conditioning, whose principal place of business was 1580 Casa Place #E, Woodland 95776, Yolo County, which was originally filed in Yolo County on July 1993 is being ABANDONED by the registrant listed below:

David Thompson, 415 Beamer St., Woodland CA 95695 Yolo County.

I declare that all information in this statement is true and correct.

/s/David Thompson

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Apr 4, 2006
by: /s/Linda Smith, Deputy Clerk

April 19 26 May 3 10

Fictitious Business Name Statement Filed Mar. 22, 2006 File No. 2006-312

The following person is doing business as TS Enterprises, 39797 Morning Dove Pl., Davis CA 95616:

Rachel B. Milbrodt, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 3/1/06.

/s/Rachel B. Milbrodt

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Mar. 22, 2006
by: /s/Ava Woodard, Deputy Clerk

April 19 26 May 3 10

Fictitious Business Name Statement Filed Apr 10, 2006 File No. 2006-393

The following person is doing business as Mary's Loan Processing, 606 Main St., Woodland CA 95695:

Mary Gavigan, 606 Main St., Woodland CA 95695.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 1/1/06.

/s/Mary Gavigan

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Apr 10, 2006
by: /s/Elizabeth Montoya, Deputy Clerk

April 19 26 May 3 10

Fictitious Business Name Statement Filed Apr 11, 2006 File No. 2006-400

The following person is doing business as Tic Tac Towing Service, Inc., 38612 W Kentucky Ave., Woodland CA 95695:

Gerald W. Miller & Barbara A. Miller, 42 W Woodland Ave., Woodland CA 95695.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on 4/11/06.

/s/Gerald W. Miller
Barbara A. Miller

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Apr 11, 2006
by: /s/Valerie Clinton, Deputy Clerk

April 19 26 May 3 10

Fictitious Business Name Statement Filed Apr 4, 2006 File No. 2006-372

The following person is doing business as Guided Home Realty and Mortgage, 606 Main St., Woodland CA 95695:

Everett A. Gavigan, 1351 Tyler Dr., Woodland CA 95776.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 4/4/06.

/s/Everett A. Gavigan

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Apr 4, 2006
by: /s/Valerie Clinton, Deputy Clerk

April 19 26 May 3 10

Fictitious Business Name Statement Filed March 22, 2006 File No. 2006-318

The following person is doing business as Revive; Revive Therapeutic Massage and Body Center, 1920 East Eighth St., Davis CA 95616:

Julie Stentzel, 735 Valencia Ave., Davis CA 95616.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on March 22.

/s/Julie Stentzel

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Mar. 22, 2006
by: /s/Eleigh Fagel, Deputy Clerk

April 19 26 May 3 10

Fictitious Business Name Statement Filed Apr 5, 2006 File No. 2006-375

The following person is doing business as AGX Networks, 1101 Eagle Pl., Davis CA 95616:

Gerry Pesavento, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 4/1/06.

/s/Gerry Pesavento

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Apr 5, 2006
by: /s/Ava Woodard, Deputy Clerk

April 19 26 May 3 10

NOTICE TO ADOPT A NEGATIVE DECLARATION

A Mitigated Negative Declaration has been prepared for a proposed major modification to the Seaway International Trade Center Planned Development (PD-37). The proposed modification would accommodate the relocation of a 3.8-acre park site identified in Phase 1 of the Seaway Development (Lot A) referred to as the "Crescent Property", located east of Lake Washington Boulevard and west of the Arlington Oaks neighborhood, to a property located immediately north of the Arlington Oaks neighborhood between Jefferson Boulevard and Lake Washington Boulevard, referred to as the "Waterfront Property". The relocation of the 3.8-acre park site will allow for a floating Neighborhood Commercial (C-1) zone to replace the vacated 3.8-acre Recreation Park zone. This Mitigated Negative Declaration has been prepared to address the potential environmental impacts of the redesignation of 3.8 acres of Recreation Park (RP) to Neighborhood Commercial (C-1) land. The Mitigated Negative Declaration concludes that with the implementation of recommended mitigation measures there will be no significant adverse impacts on the environment.

Copies of the Mitigated Negative Declaration are on file in the office of the West Sacramento Community Development Department at 1110 West Capitol Avenue, West Sacramento, CA 95691 (telephone: 916/617-4645).

Any affected or interested parties may appear at the May 18, 2006, Planning Commission meeting and comment on the Mitigated Negative Declaration and/or the proposed project.

The West Sacramento Planning Commission will consider adoption of the Mitigated Negative Declaration on May 18, 2006, in the City Council chambers located at 1110 West Capitol Avenue, West Sacramento, CA, 95691 at 6:00 p.m., or as soon thereafter as the matter may be heard.

Apr 19

IN THE SUPERIOR COURT OF THE STATE OF CALIFORNIA IN AND FOR THE COUNTY OF YOLO
In the Matter of GABRIELLE SANTIAGO, Minor
NO. JV-05-00475
AMENDED CITATION

TO: Michael Sarianana and All Persons Claiming to be the Father.

YOU ARE HEREBY CITED AND REQUIRED TO APPEAR at a hearing in Yolo County Juvenile Court, located at 725 Court Street, Woodland, California, on June 14, 2006 at 8:30 a.m. in Department 11 (Department 11 is located at 812 Court Street, Woodland, California 95695). At the hearing, the Court will decide whether to permanently terminate your parental rights over the above-named minor child born to Salina Santiago on November 8, 2005. If you wish to be represented by an attorney and are unable to afford one, the Court will appoint an attorney to represent you.

Dated: 3/29/06
JUDGE OF THE JUVENILE COURT

Apr 5 12 19 26

LEGAL NOTICE YOLO COUNTY CHILDREN'S ALLIANCE REQUEST FOR BID

The Yolo County Children's Alliance seeks bids from qualified consultants to provide fund development for the Yolo County Children's Health Initiative. The Alliance will enter into a 12-month contract from approximately June 1, 2006 through June 1, 2007. Services will focus on developing funds for premium assistance for children age 6-18 years of age.

Fund developer should be experienced in grant writing and fund development. Deliverables should include, but are not limited to; providing monthly fund development status reports; Work in coordination with the Executive Director and individual Board members; Create annual CHI fund development plan; Utilize existing research and conduct additional research to identify and pursue possible funding sources to support CHI operations in Yolo County; Utilize existing research and conduct additional research to identify existing revenue streams that could be leveraged for enhanced programming; Explore and pursue opportunities for partnerships with the local business community, regional foundations, and has experience with innovative funding strategies and Prepare grant applications designed to meet CHI goals.

Those interested in applying should contact Katie Villegas, Yolo County Children's Alliance at (530) 757-5558 or e-mail at katie.villegas@yolocounty.org

Apr 12

Parents often talk about the younger generation as if they didn't have anything to do with it.
—Haim Ginott

***

PUZZLES & COMICS

R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave Phipps



The Spats

by Jeff Pickering

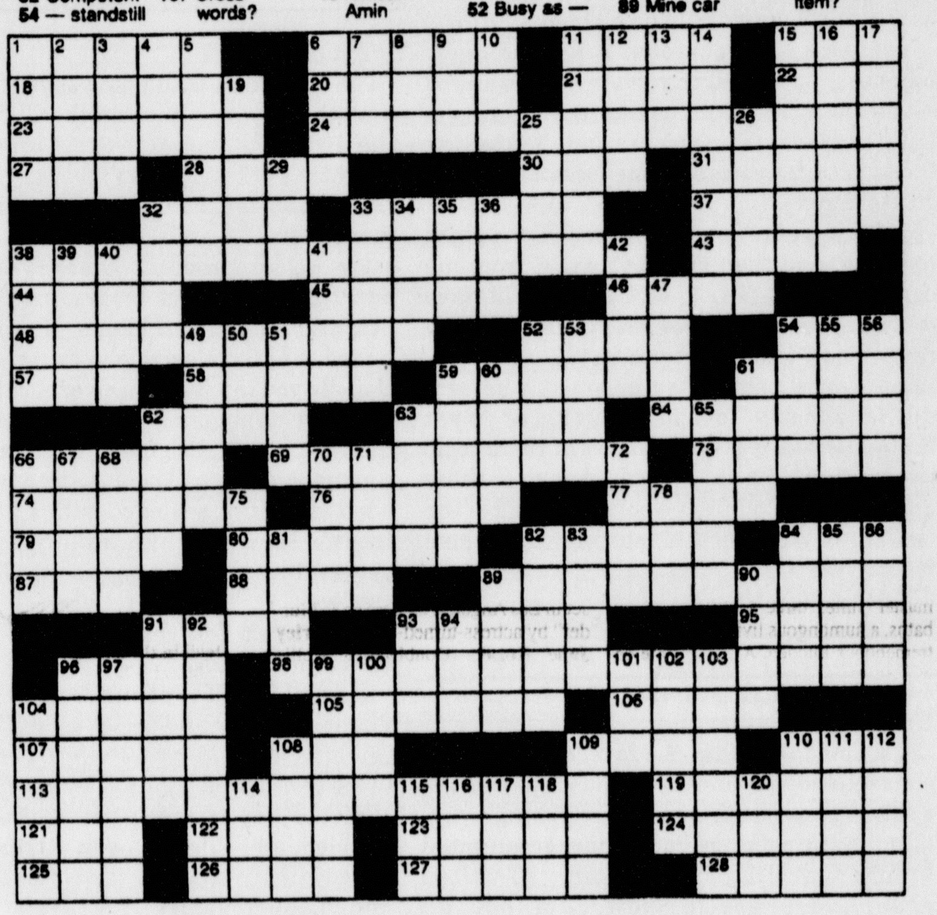


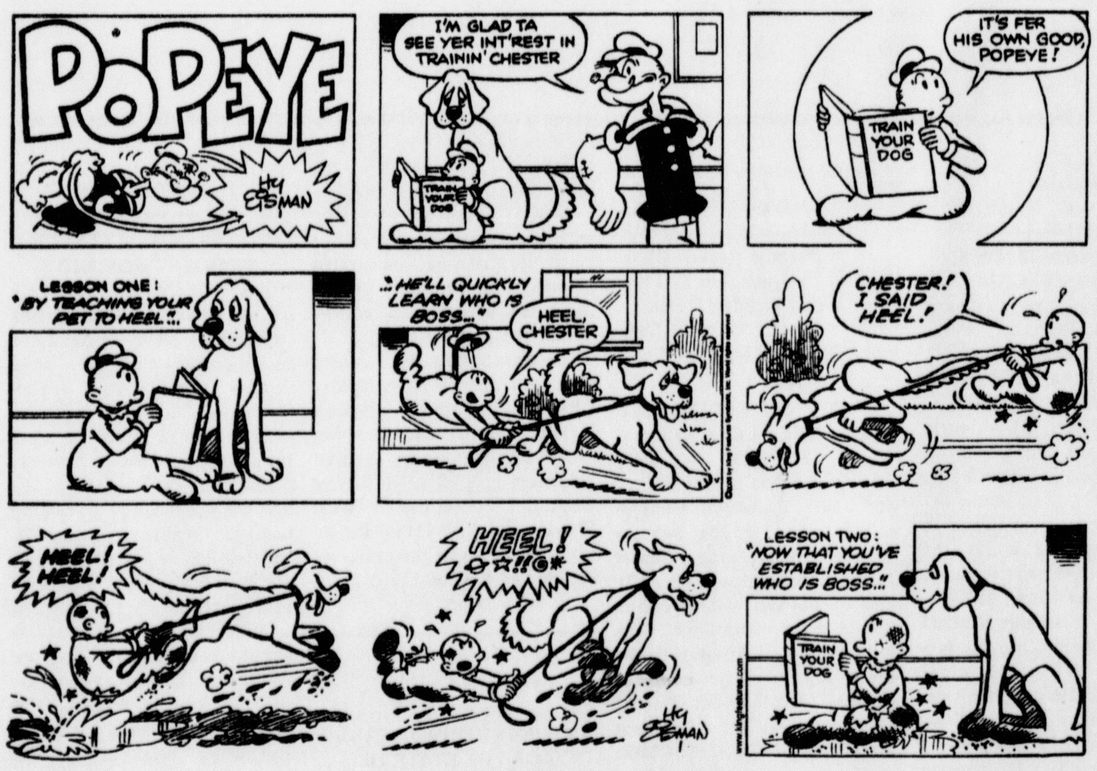
Super Crossword

ON GUARD

ACROSS
1 Cook clams
6 Civvies
11 It came from Montana
15 Part of PST
18 Tom's temptation
20 Looked like Lothario?
21 — Rios, Jamaica
22 She's a sheep date
23 Plummer or Pays
24 Riddle: Part 1
27 Encountered
28 Caddie competitor
30 Flicka's food
31 Cliff hanger?
32 The Chipmunks, e.g.
33 Houston athletes
37 Covenants
38 Riddle: Part 2
43 Pindaric poetry
44 Libertine
45 Lo mein land
46 Culp/Cosby series
48 "Three Times a Lady" group
52 Competent
54 — standstill
57 High peak
58 Paris' prize
59 Adulterate
61 Singer Campbell
62 Hard to find
63 Certain horse
64 "Rats!"
66 That's no bull!
69 Riddle: Part 3
73 Stadium
74 Diva Maria
76 Stroll
77 Miami's county
79 Hunky-dory
80 Warns
82 Plankton connoisseur
84 Insert dialogue
87 Pro — (for now)
88 Sunflower st.
89 "Utopia" author
91 Self-smitten
93 Broadcast
95 Gymnast Korbut
96 Grouch
98 Riddle: Part 4
104 Celts
105 Pack up the tent
106 Boot part
107 Cross words?
108 Indian export
109 Hockey's Kolzig
110 Health club
113 Answer to riddle
119 Type of embroidery
121 Porgy part
122 Room without a view?
123 Common contraction
124 622 event
125 Poseidon's domain
126 Model Macpherson
127 Share knowledge
128 Acts like a grandparent

DOWN
1 Con game
2 Subdue Simba
3 "L'—, c'est moi"
4 Sheridan or Sothern
5 Violin virtuoso
6 Trims the turf
7 "Not spinach again!"
8 Neighbor of Ga.
9 Asian holiday
10 A mean Amin
11 Fertilizer ingredient
12 Sore
13 Haggard heroine
14 Fountain offering
15 Tenor Jan
16 Expects
17 Turns over
19 Michael of Monty Python
25 Tell's partner
26 Prepared
29 Westminster winner
32 Swarm (with)
33 Wan
34 Goes downhill fast?
35 Decimal base
36 Nutritional abbr.
38 '77 Richard Harris film
39 Mislead
40 Speed —
41 "God's Little —" ('58 film)
42 Art medium
47 Ooze
49 "Butterfield 8" author
50 Strauss' "— Rosenkavalier"
51 Couturier Cassini
52 Busy as —
53 Comic Roseanne
54 — vera
55 "American Bandstand" viewer
56 Novelist Seton
59 Gorp ingredients
60 Narcissus' nymph
61 Skirt shaper
62 Depend (on)
63 "Yo!" at the library
65 Brother of Zeus
66 Glasgow guy
67 Daily receipts
68 Jack of "Rio Lobo"
70 Dentist's directive
71 Head set?
72 Cheeseboard choice
75 Literary pseudonym
78 Chicken — king
81 k.d. of country
82 Baby beagle
83 Wolf wail
84 Barbie, Ken, or Chucky
85 Prod
86 Bracelet bit
89 Mine car
90 Burrowing critter
91 Ruark's "Something of —"
92 "— makes the heart . . ."
93 Wine word
94 — -la-la
96 Stephen King book
97 "Salve —"
99 Swimmer Gertrude
100 Tide type
101 Fashion monogram
102 Teach a tackle
103 Noyes or Nobel
104 Fish hooks
108 Commuter's charge
109 Promise
110 "M*A*S*H" Emmy winner
111 Fiff's father
112 Cry of concern
114 Dolores — Rio
115 Milliner's creation
116 Bonanza material
117 Arthur of "Maude"
118 Stateside Ltd.
120 Inflatable item?





Answers to Puzzles Page 4

Weekly SUDOKU

by Linda Thistle

3			1		6		7	
4	7			5				3
		2	4			5		8
8	3			1			4	
		6		3	4		9	
	9		6			7		2
		9	3			1		6
	1	8			7		2	
2				6	1	9		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Wishing Well®

3	7	6	4	3	8	6	3	6	2	8	7	8
L	B	C	U	A	C	L	D	E	G	U	R	L
6	4	3	5	8	2	7	3	5	6	5	7	6
V	L	Y	J	T	O	I	L	O	E	Y	N	R
8	5	8	6	4	2	4	3	5	7	3	8	7
I	F	V	I	T	O	I	U	R	G	C	A	J
8	3	7	4	7	6	2	7	8	2	6	2	8
T	K	O	M	Y	D	D	T	E	N	E	E	A
7	4	3	7	6	8	7	8	3	7	8	6	7
O	A	S	O	A	H	T	O	M	H	B	S	E
3	7	3	7	3	4	3	4	8	4	2	5	4
I	R	L	S	E	T	S	E	B	S	W	O	U
2	4	8	5	4	5	4	5	4	5	4	5	5
S	C	Y	M	C	H	E	U	S	M	S	O	R

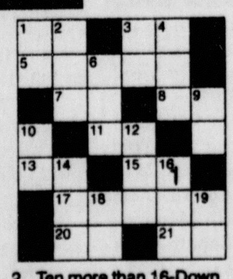
HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.



Rational Numbers

by Linda Thistle

Using the clues, simple arithmetic, and a little logic, place a single digit (0 to 9) in each empty box in the diagram. To help you get started, one digit has been entered in the diagram.



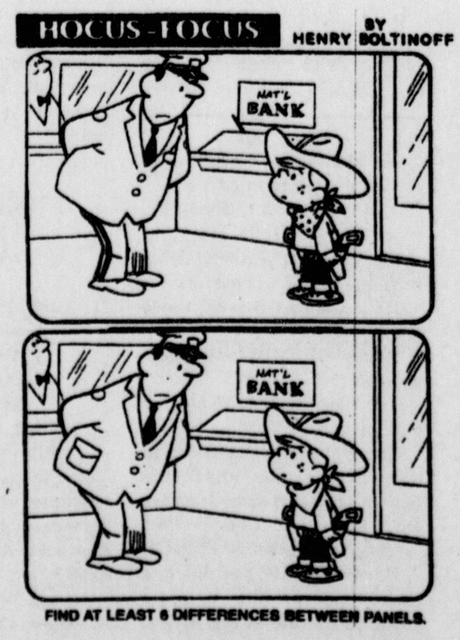
ACROSS
1. One-seventh of 4-Down
3. 8-Across minus 21-Across
5. Digits of 10-Down and 12-Down scrambled
7. One more than 21-Across
8. Same digit repeated
11. Seven more than 15-Across
13. One-half of 11-Across
15. The first digit is four times the last digit
17. One-half of 5-Across
20. The first digit is three times the last digit
21. Two times 20-Across

DOWN
1. Digits of 11-Across reversed
2. Ten more than 16-Down
3. Digits of 1-Across reversed
4. Consecutive digits in ascending order
6. Consecutive digits in ascending order
9. 15-Across plus 19-Down
10. One-third of 2-Down
12. Two times 14-Down
14. Digits of 6-Down rearranged
16. Two times 9-Down
18. One-fourth of 1-Down
19. 1-Down minus 10-Down

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HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

DINING, TRAVEL & ENTERTAINMENT

CRITIC'S CORNER
By D.NA Smith

"Inside Man"

Running time: 128 minutes
MPAA rating: R

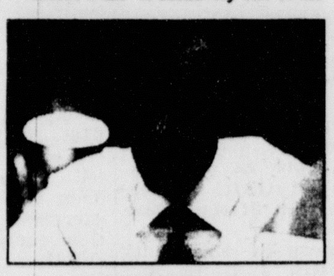
"Inside Man" is one of the better Spike Lee films I've seen in some time. On the surface, the film looks like the standard potboiler heist movie. But what makes this film enjoyable is the tight scripting and first-rate performances by the stellar cast: Denzel Washington, Clive Owen, Jodie Foster, Christopher Plummer and Willem Dafoe. I mean, come on, how could this NOT be a good picture?

Owen stars as Dalton Russell, a smooth-as-silk bank robber who may turn out to be as smart as he thinks he is. Russell and his crew invade a bank, take hostages and proceed to get down to business. However, the business at hand isn't your run-of-the-mill heist.

Russell dresses up all the hostages in the bank robbers' outfits and releases them — along with the rest of his accomplices. Detective Keith Frazier (Washington) and Capt. Darius (Dafoe) are stuck with the problem of trying to figure out who are the true hostages and robbers, and — here's the cool part — why no money was stolen from the bank. All that was disturbed was a single safe-deposit box belonging to the bank's founder and president (Plummer).

When Detective Frazier starts asking questions about why Plummer's box was the only thing ransacked during the heist, Plummer calls in a "fixer" (Foster) to thwart the detective's prying into Mr. Case's past.

"Inside Man" is definitely one of the



Denzel Washington

better films I've seen this year, which surprised me because I never expected a director like Lee to make a film like this. The performances are solid, and there's never a moment when the tension breaks or you feel like checking your watch. This is definitely worth checking out.

GRADE: A-

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HOLLYWOOD

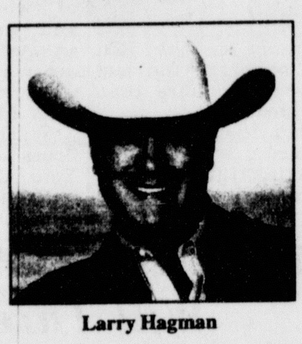
HOLLYWOOD ... "The Tale of Peter Rabbit" has long been a favorite children's story. The author is **Beatrix Potter**, and at the moment, **Renee Zellweger** is in Britain exec-producing and starring in the story of her life. It tells of Potter's overcoming British prejudice toward women becoming published writers, and also a non-supportive, dominant mother. **Ewan McGregor** and **Emily Watson** are also in the cast. ... And please, please do not ask me about Renee's private life. It could change before I close my typewriter. Yup. Still use one. Portable Olivetti.

Hey, how would you like to own **Elizabeth Taylor's** former Palm Springs pad? It's in the middle of desert country on 14 lushly landscaped acres behind high walls with five gates. There's a swimming pool, a reflecting pond, a gazebo with a full kitchen, a huge fountain and an observation deck. The house itself has a master suite, three bedrooms, four baths, a humongous living room and a tremendous kitchen. At some time or other every big name in the business dropped in for whatever. The price? $5.475 million.

Hollywood Boulevard was covered with snow. Something never before seen in Lalaland. But don't credit Mother Nature. This was man-made. Hauled in and dumped down in from of Grauman's Chinese Theater for the premiere and party for the pic "Ice Age: The Meltdown." Guests arrived in snowmobiles as **Queen Latifah, Ray Romano, John Laeguizamo** (and a pack of others) left their hand- and footprints in the middle of the white stuff. After the showing there was more fun and frolic on ice skates on a rink set up out back.

Larry Hagman looking chipper in a blue shirt, red tie and a big white Stetson at the TVLAND Awards held at the Santa Monica Airport. Greeting his many fans — and all smiles — he said he was "feeling great and enjoying life," and that there would "never be another role like J.R. Ewing in 'Dallas,'" and that he had "a barrel of fun" playing him.

HOLLYWOOD IS READING:



Larry Hagman

"Conversations With the Great Movie Makers of Hollywood's Golden Era" by **George Stevens Jr.** (Knopf). This son of famed director George Stevens tells of talks with the likes of **Alfred Hitchcock, King Vidor, Ingmar Bergman, John Huston** and on and on. ... "Gone" by **Jonathan Kellerman** (Ballantine). Another suspenseful adventure with Dr. Alex Delaware, set in Los Angeles. ... "Dating Is Murder" by actress-turned-author **Harley Jane Kozak** (Doubleday). Wollie Shelley solves the mystery of a missing au pair, and we have a lot of fun while she does it. This too is set in L.A.

***

BITS 'N' PIECES: Now there's a combination! **Natalie Portman** met **Martha Stewart** at the premiere of "V for Vendetta" in The Big Apple, and the two happily chatted away for some time. ... And **Tori Spelling, Paris** and **Nicky Hilton** all in one room? Yup. The pampered rich kids at the same nightclub at the same time. But everything went very well, as everyone politely said "hello" to everyone else. ... **Joan Collins** looking spectacular at the screening of **Liza's** "Liza With a Z" at New York's Ziegfeld Theater. And Liza herself looked just great. ... **Britney**? What can I say? Same old, same old. Ditto at the moment for **Gwyneth, Madonna, Charlize, Angelina, Jennifer** and the other headline makers, except **Demi**. At this writing joy abounds! There's a bump in Demi's belly that will someday call **Ashton** "Daddy."

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CELEBRITY extra

by Evelyn Green

Q. Did David James Elliott (Rabb on "JAG") give up his American citizenship when "JAG" ended? — *W.S.*

Q. (I am) a longtime fan of "JAG," a Navy show. I can no longer find it. Has it been canceled? Is it in reruns anywhere? — *Don Z.*

A. To W.S.: Canadian-born David James Elliott was naturalized several years ago and maintains his American citizenship.

To Don Z. and others who have asked about "JAG," it has been canceled. And unless and until the series has a reunion or movie coming out in the next few years, we shouldn't expect to see any new episodes. However, the series is in reruns. If it's not on your local station, check your cable logs. For example, reruns appear on the USA network in most areas. Find out if yours is one of them.

***

Q. A question came up at lunch the other day about Omar Sharif. We wondered what his religion is, since he seems to ignore some ideas about Islam. ... (For example) he has played both Christians and Jews in the movies, (and) given today's climate, it's interesting that he seems to be immune from negative (Muslim) reaction. — *Lynn H.*

A. First, let me point out that Sharif is a convert to Islam. He was raised as a Christian and converted in adult life — some say because he wanted to marry a Muslim actress, others say it was because as a Muslim he had a better chance of success in Egyptian films.

Sharif has taken some criticism for his choice of roles going back when he co-starred with Barbra Streisand as gambler Nicky Amstein in "Funny Girl," and more recently when he played a Muslim shopkeeper in France who helps a Jewish boy deal with coming-of-age issues. But somehow,



David James Elliott

Sharif always comes through any controversy with his popularity among all groups left intact.

***

Q. I have some questions about Sharon Stone. The first is, is it true she and Russell Crowe did a scene for "The Quick and the Dead" that was too sexy to show? Also, how did she get that scar on her neck? — *J.C.*

A. The scene with Crowe was, reportedly, very "hot." Both Stone and the director, Sam Rami, felt it wasn't needed in the story, and didn't include it in the release for the American market, but it does appear in some international versions. The scar is a result of a childhood incident when the horse she was riding ran into a clothesline and her neck was torn open.

***

Q. Was Katharine Hepburn related to Audrey Hepburn? — *Janet S.*

A. They shared a 19th-century relative, but the family grew apart over the next 150 years or so.

Have a question for Evelyn? E-mail her at letters.kfws@hearstsc.com, or write to her in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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Books

Devil in the Details
by Jennifer Traig
(Back Bay Books, $14.95)
Reviewed by Ealish Waddell

Growing up, Jennifer Traig knew perfectly well that she was weird — nobody else seemed compelled to touch furniture or wash their hands for half an hour at a stretch. She simply couldn't resist, or else she might find herself stabbing her mother or watching her entire family die.

Doctors can now trace obsessive-compulsive disorders to a chemical imbalance in the brain, but at the time her behavior was a mystery. While appearing alternately as common compulsions like washing, checking, counting, hoarding and hair-pulling, Traig's OCD found a unusual outlet: religion. Once introduced to the intricate Jewish rituals of food and body purification, she resolved to follow them beyond the letter, convinced that if she did not, she would end up in hell.

Traig kept kosher so strictly that she developed anorexia. She threw away everything she owned that had been bought on the Sabbath. When she was exposed to anyone or anything that might be impure, she had to wash her entire body to cleanse herself while thinking the right kind of thoughts the entire time. Traig was often able to hide her symptoms and live a normal life of school and friends, but she was exhausted and unhealthy, terrified that any day something was going to break.

Today, OCD is still a poorly understood disease. The media often portrays its tics and fantasies as comedy, unaware of the very real torment these impulses give their sufferers. Even understanding friends and family like Traig's can grow weary with irritation, wondering why their loved one can't "just stop."

As Traig reveals, it is much more complicated than that. Her wryly candid memoir is highly recommended reading for anyone seeking to understand this difficult and demanding disorder.

Books reviewed in this column are available online or at your local bookstore.

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Strange BUT TRUE

By Samantha Weaver

• Talk about overkill — if you'll excuse the pun. In May 1996, 39-year-old General Fleming ("General" was his given name, not a rank) decided to "shuffle off this mortal coil" in Akron, Ohio. His suicide note didn't explain why he found life to be so unbearable, but he evidently felt very strongly about the matter and left nothing to chance. Carrying a .38-caliber handgun, Fleming jumped off the balcony of his apartment, which was on the 14th floor. It seems he was carrying the gun because he was afraid the fall might not be enough to kill him; on the way down, he shot himself in the head.

• Finley Peter Dunne was a journalist and humorist — and an apt student of human nature, evidently. He's the one who made the following sage observation: "Trust everybody, but cut the cards."

• If you're average, over the course of your lifetime your mouth will produce about 10,000 gallons of saliva.

• Those who are among the ranks of the "single and searching" will want to take note of the results of a recent survey of those on the dating scene. When asked what they considered to be the worst topics of conversation on a date, 46 percent of respondents cited past relationships. At 21 percent, dieting or body image was the second-ranked conversation killer. Marriage and politics tied for third place, each receiving 15 percent of the vote.

• I hope you are not among the unfortunate people who know this from experience, but a human can detect the smell of a skunk from a mile away.

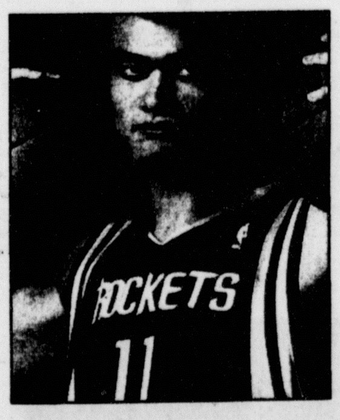
• Researchers have found that toddlers are surprisingly strong, especially in their leg muscles. Stronger even than oxen, they say, on a pound-for-pound basis.

***

Thought for the Day: "People don't choose their careers; they are engulfed by them." — *novelist John Dos Passos*

Fave Foods OF THE FAMOUS

by Steven Austin



Yao Ming

Until just a few years ago, you'd rarely hear or see the words "China" and "basketball" in the same sentence. The amazing Yao Ming changed that forever as an NBA rookie in the 2002-2003 season, winning a roomful of awards and earning the instant respect and admiration of fellow players and fans worldwide.

At 7 foot 6 inches and 310 pounds, one can only imagine what it was like for him when he began formal basketball training in China at the age of 9. Both his mother and father were stars on China's national team, and Yao followed in their ample footsteps as he became a leader on local, regional and Olympic teams. He's appeared on dozens of magazine covers, and you've seen him in a variety of offbeat TV commercials.

Off the court, Yao Ming enjoys computer games and is active in a variety of local and national charities and public-service programs. He's a true all-star and class act. To learn more about this amazing athlete, go to www.nba.com.

While growing up in China, what did you know about American foods?

"When I was growing up, the American foods that I was most familiar with were hamburgers and cheeseburgers. And I'm still very familiar with them today!"

Favorite U.S. cities to dine out?

"While the team is on the road, my two favorite cities for eating are Los Angeles and Portland. Both offer very good Japanese and Chinese food."

Have you visited Chinatowns in San Francisco and New York?

"Not New York's Chinatown yet, since we only play there once a year and there never seems to be enough time to go. I have been to the Chinatown in San Francisco, and I thought it was enjoyable — not bad at all."

Your mother cooks the very best ... ?

"Pork chops."

What are your preferred snacks while traveling on the team jet?

"On the team charter we have a lot of food to pick from, but the ribs are my favorite."

Any food or beverage secrets before the game?

"I do not like to eat much of anything before games."

Write to Steven Austin in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to letters.kfws@hearstsc.com.

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EMPEROR CHINESE PORK CHOPS

1 tablespoon sesame oil
4 boneless pork loin chops
2 tablespoons sesame seeds
1 teaspoon ground ginger
2 tablespoons soy sauce
1/2 cup white wine
3/4 pounds fresh mushrooms, sliced
2 green onions, diced
2 teaspoons margarine

Heat sesame oil in large skillet over medium-high heat. Add pork chops and cook until almost done and brown on both sides. Sprinkle with sesame seeds and ginger. Add soy sauce, wine, mushrooms and onions to skillet and sauté for 1-2 minutes. Remove chops to serving platter. Add margarine to skillet and simmer over high heat to make a reduced sauce. Pour sauce over chops and serve. Enjoy with white rice and hot Chinese tea. Serves 4.

Comfort foods

Made fast and healthy

by JoAnna M. Lund

Rhubarb Lovers United

No dessert says spring like rhubarb pie.

SPRING RHUBARB MERINGUE PIE

1 purchased refrigerated unbaked 9-inch pie crust
1 (4-serving) package sugar-free raspberry gelatin
1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
3/4 cup water
3 cups chopped fresh rhubarb
6 egg whites
Sugar substitute to equal 6 tablespoons sugar, suitable for baking
1 teaspoon almond extract
2 tablespoons slivered almonds

Preheat oven to 450 F. Place pie crust in 9-inch pie plate. Flute edges and prick bottom and sides with tines of a fork. Bake 8 to 10 minutes or until lightly browned. Place pie plate on a wire rack and cool completely.

Lower oven to 425 F. In medium saucepan, combine dry gelatin, dry pudding mix and water. Stir in rhubarb. Cook over medium heat for 10 minutes or until rhubarb becomes soft, stirring often. Pour rhubarb mixture into cooled pie crust.

In large bowl, beat egg whites on HIGH with electric mixer until soft peaks form. Add sugar substitute and almond extract. Continue beating until stiff peaks form. Spread meringue evenly over rhubarb mixture, being sure to seal to edges. Evenly sprinkle almonds over top.

Bake at 425 F for 6 minutes or until lightly browned. Place pie plate on wire rack and allow to cool. Refrigerate for at least 1 hour. Makes 8 servings.

• Each serving equals: 159 calories, 7g fat, 3g protein, 21g carb., 203mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch/Carb., 1 Fat.

Visit JoAnna's Web site at www.healthyexchanges.com, or call toll-free at 1-800-766-8961 for more information about her "common folk" healthy recipes.

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PAGE FROM THE PAST

From 1918

8 THE YOLO INDEPENDENT

Local Items

DO IT NOW!

"If you have a bit of news,
Send it in.
Or a joke that will amuse,
Send it in.
A story that is true,
An incident that's new,
We want to hear from you!
Send it in.

Will your story make us laugh?
Send it in.
Send along a photograph,
Send it in.
Never mind about your style,
If it's only worth the while,
And will make the reader smile,
Send it in."

The Sacramento River registered 12 feet, U. S. gauge at the Southern Pacific bridge, yesterday.

Word has been received from Rudolph Binse from some point in France where he is already located. Only a brief sketch was given by him of his whereabouts. Some time ago a story was published in one of the Woodland papers conveying the information that the mistreatment of United States soldiers by Germans had gone beyond all limits of inhumanity. The Independent was not able to verify this story until yesterday and now prints it as it was published:

"'With my own eyes I saw six American soldiers who had come back from France with their eyes gouged out by the Germans. The boys told me their eyes had been gouged out and I could see that this was the case.'

"Such is the statement of Rudolph Binse, a Washington boy in a New Jersey cantonment. He wrote the letter to Jacob Butschli, of Washington, and the letter was received Tuesday.

"There were a number of boys returned from France for different reasons, he said, and when they reached the New Jersey camp six of them were found to have been disfigured by the Germans, who had captured them following a raid."

John Borzone did his best yesterday to join Uncle Sam's Navy, but was turned down because he was about two inches short of the required height. Johnnie was very anxious to get a whack at the Kaiser and advanced in his favor the fact that he is one of the best shots in this neck of the woods. Every winters he spends considerable time shooting ducks and geese and sometimes wanders into the hills in search of deer which he never fails to bag and which he divides with his friends. Yesterday he was feeling blue over what he considers his misfortune.

Clarence Harms left here last Wednesday for San Francisco whence he will proceed to San Diego to become a member of Uncle Sam's Navy. He enlisted as a machinist with which work he is familiar. Before leaving Clarence left things in shape for his mother who is advancing in years and who really needed his help although he left her in very comfortable circumstances. He is the fifty-ninth young man in this district of Yolo County to go to the front.

George A. Newton, Bryan D'Anis and Merle Richeson have been called to report at Washington, D. C., on June 5th leaving here on June 1st to take their places in the railroad engineering corps in France. All three volunteered about ten days ago and received their notifications last Monday. All three of these boys have had experience with the Southern Pacific Company and as men of their training are much needed in France quick advancement may be expected by them. Only four men of this class have been taken out of the entire county. Their leaving will give credit to Washington district in the number of sixty-two young men who have joined the forces of the Nation.

A serious accident happened to M. E. Middleton, owner of the Sacramento Boat Building Co., in his machine shop south of the electric bridge yesterday. While testing an engine a plug blew out of a cylinder striking him on the head and knocking him into the river. He was saved from drowning by Grant Churchill and was rushed to the receiving hospital in Sacramento where it was found that his skull was fractured. After receiving first aid attention he was taken to the Sisters' Hospital for treatment. Middleton was a resident of Sacramento living at 1123 E street.

Ladies of the Washington Red Cross made a splendid showing in the parade in Sacramento last Saturday. They being the only contingent which saluted the colors as they passed. This was taken up by the crowd on the sidewalks and loudly applauded. Returning from the parade they drove around town in seven automobiles encouraging donations to the Red Cross. They also visited Riverbank and created a good deal of enthusiasm there.

Mrs. C. Richeson and daughter. Audrey, have gone to Hornbrook to spend a couple of weeks visiting with Mrs. Mabel Fuller (Richeson).

Mrs. F. L. White went to Berkeley on May 15th to be present at the graduation of her daughter, Essie, at the University. Miss White is now taking her preliminary exercises in teaching after which both will return to Washington.

Several ladies around town yesterday were seriously talking of starting an auxiliary to the Liberty League because on last Wednesday evening the league voted to shut out women from its councils.

All the ladies of the Washington Red Cross assembled in uniform this afternoon at the public school building to have their picture taken in a group.

Bert Berry came down from Oregon last Monday after spending six weeks at the town of Rex near Portland. He will return in a few days to his work there. Berry is more or less disgusted with the duplicity of the Prohibition laws of Oregon. He says that in some places a man can be arrested and placed in jail if his breath smells badly even though he has not drank any whiskey while in other places booze is almost as common as water. Portland, he says, is only dry in name for he saw several men trying their darndest to appear sober when they knew they were drunk. Berry expects to return to Rex in a few days and take a supply with him under some kind of camouflage.

Supervisor Leinberger has been attending the convention of Supervisors in Los Angeles during the past week. He is expected home today.

Mr. and Mrs. W. K. Glassford left here last Monday to spend several months in New York.

The flag dedication service held by the volunteer firemen of Washington in the Town Hall last Saturday night was one of the most largely attended gatherings ever held in the building. A splendid program of entertainment was rendered, every number being full of snap and spirit. Following the entertainment a popular dance was enjoyed by those who wanted to indulge.

Harry Stuben went to Oakland last Monday for a brief visit with friends.

Mrs. R. Derr is still confined to the Sisters' Hospital in Sacramento but is expected home next Sunday or early next week.

IMPROVEMENT CLUB WILL ENDEAVOR TO DISPERSE GYPSIES FROM LAND NEAR BRIDGE

COMPLAINT MADE ABOUT MULTITUDE OF DOGS THAT MAKE NIGHT HIDEOUS FOR TIRED WORKERS AND HOUSEHOLDERS

The Washington Improvement Club resolved last Tuesday evening that it would endeavor in every way possible to disperse the conglomerated camp of gypsies and itinerants who are now camped near the end of the electric bridge and who are anything but an ornament to the locality.

J. H. Glide, manager of the West Sacramento Company, as published in last week's Independent, does not want this camp maintained and has give orders to clear it.

A few days ago not less than twenty-eight people were camped on this piece of land which is owned by the West Sacramento Company. In this location there is neither lavatories or running water, except that in the river and there is no means of garbage disposal except that which nature provided.

As the summer approaches a stench will rise from this location to high heaven and property owners will begin to complain about unhealthy conditions.

Contagion may result or even an epidemic may come about through this means.

Some of these campers have been located there for several months. They have pitched their tents and are apparently satisfied to stay. By odd jobs they make a precarious living, sometimes getting enough to eat legitimately and sometimes illegitimately.

The Improvement Club has directed its secretary to ask the Health Officer of the district, Henry Leinberger, Jr., to take what steps he may towards relieving the sanitation and if he cannot enforce the necessary order, the county authorities will be asked to do their share.

There is not any objection particularly to a family camping over night on this ground but there is serious objection to their staying for months at a time and scatering filth and garbage in open places exposed to the heat of the sun. The land is not used at the present moment nor is it under cultivation and that is mostly the reason that these people stay.

Since a stringent dog ordinance was enacted in Sacramento stray mongrels have found refuge at this side of the bridge and have been more or less adopted by many families who take compassion on their wretchedness.

But unfortunately these mongrels make the night hideous with their over-watchfulness in payment for favors.

The complaint of the Improvement Club is that tired men are kept awake after a late hour and are again aroused from their slumbers long before daylight.

Incensed at these mongrels, some parties have been scattering poison and as a result valuable animals have been found dead.

A litle thought is asked by the Improvement Club to rid the town of these outcasts, and if not accomplished, a tax of $2.50 per head will be asked of the Supervisors on every dog in town.

STARKEY'S DEATH IS MOURNED BY MANY FRIENDS

A resident of Washington during the past 18 years and a loyal citizen of the community, Alexander W. Starkey died at his home on Second street last Sunday evening at 8:15 p. m.

Al. Starkey, as he was familiarly known, was a great favorite in his neighborhood, particularly with the children, who knew him and loved him for his good heart and his kindness to them. He loved all children by nature and always had a kindly word for them.

Twenty-five years ago he was married to Mrs. Mary Hunt and to them was born one child, now Mrs. A. C. Painter. Passionately fond of his grandchild, Miss Joy Painter, he was her constant companion and loved to pass time with her in his leisure hours.

Born in Pike County, Illinois, he came to California 42 years ago and after quitting school went to railroading which he followed during the remainder of his life.

Starkey's death was caused when he was only 51 years of age by what is known as Addison's disease, an affection of the kidneys.

He was a trusted employe of the Southern Pacific Company during the past 22 years.

Since last November his health failed him and for relief he visited all the prominent doctors of Sacramento and San Francisco.

His death bed was surrounded by the members of his family and was painless to all appearances.

The funeral took place last Wednesday in Sacramento where services were held at the undertaking parlors and where the members of the Brotherhood of Trainmen deposited a token of respect and esteem on his casket.

The remains were cremated at East Lawn Crematory.

A wealth of floral tributes accompanied his casket to the cemetery.

Many relatives from outside points attended his funeral among whom were Mrs. J. J. Henderson of San

WASHINGTON CLAIMS CREDIT FOR FOURNESS BOYS' PATRIOTISM

Some of the Sacramento papers took a great deal of credit for the patriotism of the three Fourness boys who are now at the front serving Uncle Sam.

Alexander, Girard and Frank Fourness were born in Washington and were raised here as children, until the death of their mother, which occurred about fifteen years ago.

They are nephews of Eli Fourness and also of Mrs. J. D. Barry.

Washington is just as proud of the Fourness boys as is Sacramento but nevertheless the Sacramento papers gave no credit to Washington for their patriotism.

Washington has a great deal to be proud of in the sixty-two young men who are now serving at the front or are in training in preparation to go there.

RED CROSS DRIVE OVER THE TOP LAST NIGHT

Washington's quota of the Red Cross drive went over the top last night when considerably more than $1480 was subscribed.

Seven active committees have been steadfastly engaged in securing pledges and collecting funds during the past three days, topping the total last night with more than the requisite amount.

Each of the committees consisted of two members who lost no time and would not take "no" for an answer. It is safe to say that nearly every resident of the town gave his share and on many occasions more than his share.

Washington's fund for the Red Cross does not go to the credit of Yolo County because this Chapter is affiliated with the Sacramento headquarters.

LOCAL SCHOOL WILL CLOSE THIS TERM ON JUNE 21ST

Preparations are being made by Principal A. L. Case and the school trustees to close this term on June 21st.

Next week final examinations will be held, after which the children will be drilled for graduation exercises. The closing of the school this early will permit any of the children to go to work on the farms around town and it is mostly on that account that the early closing is made.

Numbers of fruit growers are anxious to have the help of the children and will take care of them while in their employ.

The teachers for the next term have not yet been appointed, but in all probability those now holding places will continue at the opening of the next term. They are Principle A. L. Case, Miss V. White, Miss J. McWilliams, Miss W. Duncan and Miss M. V. Duff.

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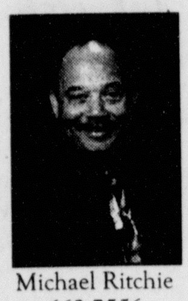

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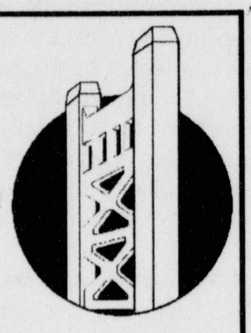
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The Spring 2006 semester is underway
However, we still have 3 week, 6 week and 9 week classes available.

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HINTS FOR HOMEOWNERS

New Ways To Turn That Clutter Into Cash

(NAPS)—If you've got a lot of clutter in your house, you're not alone. Millions of homeowners discover this either when they're getting ready to move or at the start of spring cleaning.

In the past, clearing out homes resulted in low-revenue garage sales and multiple trips to the consignment store. But today, the latest trend in home organization is to clear out and cash in by dropping off unwanted items at eBay drop-off stores.

Organizational expert Peter Walsh, from TLC's "Clean Sweep," confirms the trend. "eBay drop-off stores like iSold It are really the hot new trend in home organization," he notes. "For occasions such as that yearly cleaning, they provide an easy way for you to get that clutter out of your house and earn some extra cash."

According to a recent PEW Internet and American Life Project survey, only 17 percent of online American adults have used the Internet to sell items. For the other 83 percent, eBay drop-off stores offer a fast and easy way to sell online. eBay drop-off stores professionally photograph the item, write descriptive copy, list it online, collect payment and then pack and ship the item. Once the transaction is complete, the seller receives a check in the mail. For many drop-off stores there are no up-front charges; instead, commission is charged once the item sells.

Here's a typical reaction from a customer when dropping off items. "I was determined to clean out my garage—I had old car parts, a vintage train set, you name it," said Bernie Dodyk, Novi, Michigan customer. "I took the whole lot to a drop-off store and made over $5,000. Now I can park my car in the garage again."

As the world's leading drop-off store, iSold It provides customers with an easy, hassle-free way to sell items online. For more information, visit www.i-soldit.com or call (877) I-SOLD-IT.



YOU'VE MADE A CLEAN SWEEP when you not only clear out the unwanted clutter, but turn it into cash.

Items that Sell Well on eBay
- In your garage—vehicle parts, sports equipment, and power tools
- In your living room—decorative collectibles, audio/video equipment, cameras and video recorders, musical instruments
- In your bedroom and closets—designer shoes, watches, jewelry
- In your kitchen—crystal, sterling silver, high-end cookware and appliances.

Fictitious Business Name Statement
Filed March 30, 2006
File No. 2006-351

The following person is doing business as K. Lynn Designs, 410 Casa Linda Dr., Woodland:

Kelly L. Martin, 410 Casa Linda Dr., Woodland CA 95695.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 3-30-06.

/s/Kelly L. Martin

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: March 30, 2006
by: /s/Linda Smith, Deputy Clerk

April 12 19 26 May 3

Fictitious Business Name Statement
Filed Mar. 28, 2006
File No. 2006-340

The following person is doing business as Hi Tech Cleaning and Gardening, 3400 Palomar Ave., W. Sacto. CA 95691:

Dolegario Gonzalez, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 3/28/06.

/s/Dolegario Gonzalez

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Mar. 28, 2006
by: /s/Kimberly Barklow, Deputy Clerk

April 12 19 26 May 3

Fictitious Business Name Statement
Filed Mar. 31, 2006
File No. 2006-356

The following person is doing business as SouthPort Trucking, 3490 Coyote Rd., West Sacramento CA 95691:

Umar Ali and Razina Ali, 3490 Coyote Rd., West Sacramento CA 95691.

This business is conducted by Husband and Wife.

The registrant commenced to transact business under the fictitious business name or names listed above on 3/30/06.

/s/Umar Ali
/s/Razina Ali

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Mar. 29, 2006
by: /s/Linda Smith, Deputy Clerk

April 12 19 26 May 3

INVITATION TO BID

Sealed proposals will be received at the office of the Director of Public Works & Community Development, 1110 West Capitol Avenue, 2nd floor, West Sacramento, California until **10:00 a.m. local time on Thursday, April 20, 2006**, at which time and place they will be publicly opened and read aloud for the:

Jefferson Blvd Sidewalk installation & Slurry Seal Project

The proposed work consists of the following:

Description of Work: The work generally consists of widening of the paved roadway, placing curb, gutter, sidewalk, slurry seal and striping on each side of Jefferson Boulevard between Michigan Boulevard and F Street in the City of West Sacramento.

In addition, the work shall include the replacement of any pavement, sidewalk, curb and gutter or public and private improvements removed or damaged as a consequence of the execution of this Contract, as well as all necessary traffic control.

Completion of Work: All work shall be completed within **Forty (40) working days** from the date designated in the Notice to Proceed.

Obtaining Contract Documents: Plans and specifications may be examined at the office of the Director of Public Works & Community Development, 1110 West Capitol Avenue, 2nd floor, West Sacramento, California. A copy of bid documents may be obtained at the office upon request and payment of **$25.00** or may be mailed upon request and payment of **$30.00**. The amount of the payment is non-refundable.

Apr 12 19

NOTICE OF PETITION TO ADMINISTER ESTATE OF Anna Catherine Repko
CASE NUMBER PB06-082

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of Anna Catherine Repko:

A PETITION FOR PROBATE has been filed by David Calhoun in the Superior Court of California, County of Yolo.

THE PETITION FOR PROBATE requests that David Calhoun be appointed as personal representative to administer the estate of the decedent.

THE petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on May 18, 2006, at 8:30 a.m. in Dept. 11, Superior Court of California, 812 Court Street, Woodland CA 95695.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a "Request for Special Notice" (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A "Request for Special Notice" form is available from the court clerk.

Attorney for Petitioner: Linda S. Patrick, Esq
1540 Jefferson Blvd.
West Sacramento CA 95691
(916) 371-5780

Apr 5 12 19

Fictitious Business Name Statement
Filed Feb. 9, 2006
File No. 2006-171

The following person is doing business as New Mountain; New Mountain Small Business Services; New Mountain Media Group, 839 W. Lincoln Ave. #615, Woodland CA 95695:

Alan Storey, same address.

This business is conducted by an Individual.

The registrant commenced to transact business under the fictitious business name or names listed above on 4/1/98. Previous fictitious business name number 98-236.

/s/Alan Storey

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Feb. 9, 2006
by: /s/Valerie Clinton, Deputy Clerk

April 5 12 19 26

Fictitious Business Name Statement
Filed April 3, 2006
File No. 2006-362

The following person is doing business as Cosmo Beauty Academy, 960 Sacramento Ave., West Sacramento CA 95605; mailing: 7660 Howerton Dr., Sacramento CA 95831.

Tang Dynasty, Inc., 7660 Howerton Dr., Sacramento CA 95831.

This business is conducted by a Corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on N/A.

/s/Gordon Tang

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Apr 3, 2006
by: /s/Valerie Clinton, Deputy Clerk

April 5 12 19 26

Fictitious Business Name Statement
Filed Feb. 23, 2006
File No. 2006-208

The following person is doing business as Euro Star Auto Dismantler, 3040 Duluth #24, W. Sacto. CA 95691:

Yan Kislitsa, 11864 Cedar Grove Ln, Sylmar CA 91342; Yevgeniy Bardosh, 3608 Squaw Rd., W. Sacramento CA 95691.

This business is conducted by a Limited Partnership.

The registrant commenced to transact business under the fictitious business name or names listed above on 2/23/06.

/s/Yan Kislitsa
/s/Yevgeniy Bardosh

I hereby certify that this is a true copy of the original document on file in this office. This certification is true as long as there are no alterations to the document, AND as long as the document is sealed with a red seal.

State of California
County of Yolo
Freddie Oakley, Clerk
Date: Feb. 23, 2006
by: /s/Kimberli Barklow, Deputy Clerk

Mar 29 Apr 5 12 19

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
PT06-351

TO ALL INTERESTED PERSONS:

Petitioner Susan Thompson filed a petition with this court for a decree changing names as follows:

Present name: Susan Thompson; Proposed Name: Susan Dee Rueppel.

THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted.

NOTICE OF HEARING: May 9, 2006, at 8:30 a.m. in Dept. 11, Yolo County Superior Court, 812 Court Street, Woodland CA 95697.

A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: News-Ledger.

Date: 3/14/06
THOMAS E. WARRINER, Judge of the Superior Court

Mar 29 Apr 5 12 19

File No. 2006-280
FICTITIOUS BUSINESS NAME STATEMENT

The following person(s) is/are doing business as: WILD-FIRE, 950 Riverside Parkway, Suite 50, West Sacramento, CA 95605

Ansul, Incorporated, One Stanton Street, Marinette, WI 54143

This business is conducted by a corporation.

The registrant commenced to transact business under the fictitious business name or names listed above on February 22, 2001.

I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)

SIGNED: ANSUL, INCORPORATED, By: Mark N. Bonaguro, Vice President

This statement was filed with the County Clerk of Yolo County on March 13, 2006.

NOTICE-This Fictitious Name Statement expires five years from the date it was filed in the Office of the County Clerk. A new Fictitious Business Name Statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See Section 14411 et seq., Business and Professions Code).

First Filing
News Ledger
CN749839 6583184 Mar 29, Apr 5,12,19, 2006

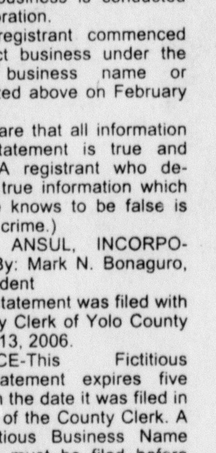
YOLOBUS to Sac. Airport
371-2877

West Sacramento Center
Sacramento City College
1275 Halyard Drive, Ste. 175
(916) 375-5511

Spring 2006 registration begins November 28, 2005!

Learn new skills or expand existing ones, but hurry, classes fill quickly!

Drop by the Center or visit our website today
www.scc.losrios.edu/westsacramento



Los Rios Community College District

Information on Local Rentals
S&S
Property Management
Bill Shower, Owner
(916) 371-1870 ■ Fax: (916) 371-4929
1112 Jefferson Blvd., W. Sac. CA 95691
Email: rentals@ssproperty.com

CREST JEWELERS
■ Jewelry & Watches
■ Sales & Repair
'We buy scrap gold!'
1296 West Capitol Ave. ■ In Safeway Center ■ 371-6440
CREST JEWELERS: Owned & operated with pride by the Macias family since 1967

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MARK F. JOHANNESSEN
J.D., M.B.A., C.P.A.
FAMILY LAW MEDIATION AND NON-COURT ALTERNATIVES TO FAMILY LAW DISPUTE RESOLUTION
DIVORCE - PROPERTY - CUSTODY - SUPPORT
P.O. Box 160612
SACRAMENTO, CA 95816
TELEPHONE: 371-0661
EMAIL: MFJLAW@ATTGLOBAL.NET

Local Scene

Food giveaway

The Food Bank of Yolo County will distribute food to eligible residents at the Clarksburg Firehouse from 10:30-11:30 a.m. on April 24 and at the West Sacramento county building, 500 Jefferson Blvd., from 9-11 a.m. on April 25. Please bring a bag. For information on eligibility, call (530) 668-0690.

Help Derek

Derek Madsen, the West Sacramento 11-year old profiled along with mother Cyndie French in a recent News-Ledger, is trying to have the "best day ever" with a night of live blues and barbecue at the Collings Teen Center, 1541 Merkley Ave., at 5:30 p.m. on April 22. Derek is facing a terminal cancer and has finished all his treatments. He has an expected three to six months to live. Donations of $25 for dinner ($15 for kids and free for young kids under three) will help support Derek's family. Featured musicians are Mick Martin and Kyle Rowland and guests. Call Cyndie, (916) 912-9059.

Electronic garbage

Various electronic devices such as TVs, computers and components, pagers, digital cameras, wireless devices, DVD and VCR players, video game systems, fax machines and toner cartridges (now prohibited from landfills) will be accepted at an "E-Waste" collection weekend at Cal Expo, Parking Lot A, 1600 Exposition Blvd. in Sacramento. The event will take place from noon to 5 p.m. on Friday, April 21, and from 9 a.m. to 3 p.m. on Saturday, April 22 and Sunday, April 23. No charge to accept eligible items. Visit www.noewaste.com.

Turn off TV

The "First 5 Yolo" organization encourages local families to turn off their TV sets during "TV Turnoff Week" from April 24-30, citing American Academy of Pediatrics recommendations that preschoolers spend no more than an hour per day in front of the television. Activists suggest that families plan special activities such as reading or drawing with your child, playing outside together, taking family walks or trips to the library or park, working on craft projects, or other family activities. Visit www.yolochildren.org.

Dog park

The City of West Sacramento will celebrate Arbor Day and the opening of a new "dog park" on Sat., April 29, from 10 a.m. to noon at Sam Combs Park, 205 Stone Blvd. (west of Jefferson). Trees will be honored to celebrate Arbor Day (and a limited number of seedlings given away). Dog treats will also be on hand. Bring your dog.

Art show

Artwork from local high school students will be on display at the Turner Library, 1212 Merkley Avenue, through April. A reception is scheduled for April 19 from 3:30-4:30 p.m. for the artists. The public is welcome. Call 371-7672.

Water meters

A community workshop to discuss plans for state-mandated water meter installation will be held at 7 p.m. on Monday, April 24, at city hall, 1110 West Capitol Avenue. The city is required to implement a program by 2013, including installation of about 10,300 meters. For information, call Michael Bessette, (916) 617-4645, or visit www.cityofwestsacramento.org.

Women of history

The community is welcome to submit biographies, photos and artifacts for an upcoming exhibit called "Notable Women of West Sacramento, 1850 to the Present," planned for June at the West Sacramento Historical Museum and Visitors Center. Contact Jeri Wingfield, 371-7678, or write to the museum at 324 3rd St., Broderick CA 95605. Deadline is April 30. Volunteers can help write your story.

Assessor candidate

Dave Westin will host a campaign fundraiser for Bob Milbrodt, candidate for Yolo County Assessor, with wine and hors d'oeuvres from 5-8 p.m. on Sat., April 22, at 3825 Big Bear Street (Bridgeway Lakes). $10 donation requested. Call Dave at 376-0880 or visit www.bobmilbrodt.com.

Leadership

Join 80,000 business leaders in a simulcast on Friday, May 5, shown locally at the Collings West Sacramento Teen Center. Billed as "the largest leadership event of the year," the event is formatted as a "maximum impact simulcast." Journey Christian Church is selling tickets for $79 (includes lunch & refreshments; discounts for groups of five). Call 375-0800 and ask for Kurt or Chuck. Renowned athletes, authors and leadership experts will take part in the simulcast.

Making college happen

A workshop on college admissions and financial aid, called "College: Making it Happen," is planned for 8:30 a.m. to noon on May 6 at the University Union Ballroom at CSUS. The program is geared for students from grades six through nine and their families, and will be conducted in English, Spanish & Hmong. Sponsored by CSUS, the Los Rios Community College District, UC Davis and others. Reservations strongly encouraged: call 278-5480.

Women's awards

Soroptimist International of West Sacramento has extended the deadline for nominations for four community service awards. You may nominate someone for the Violet Richardson Award, honoring young women age 14-17 for volunteer work; the Women's Opportunity Awards, providing cash grants for women seeking to enhance their employment through education and training; the Making a Difference for Women award, recognizing a woman who has "made a difference" through her job or volunteer work; and "Woman of Distinction" award, honoring women who have served with distinction in community organizations. Call Jeri Wingfield, 371-7678 or write to Soroprimist International, PO Box 94, West Sacramento CA 95691.

Buy a home

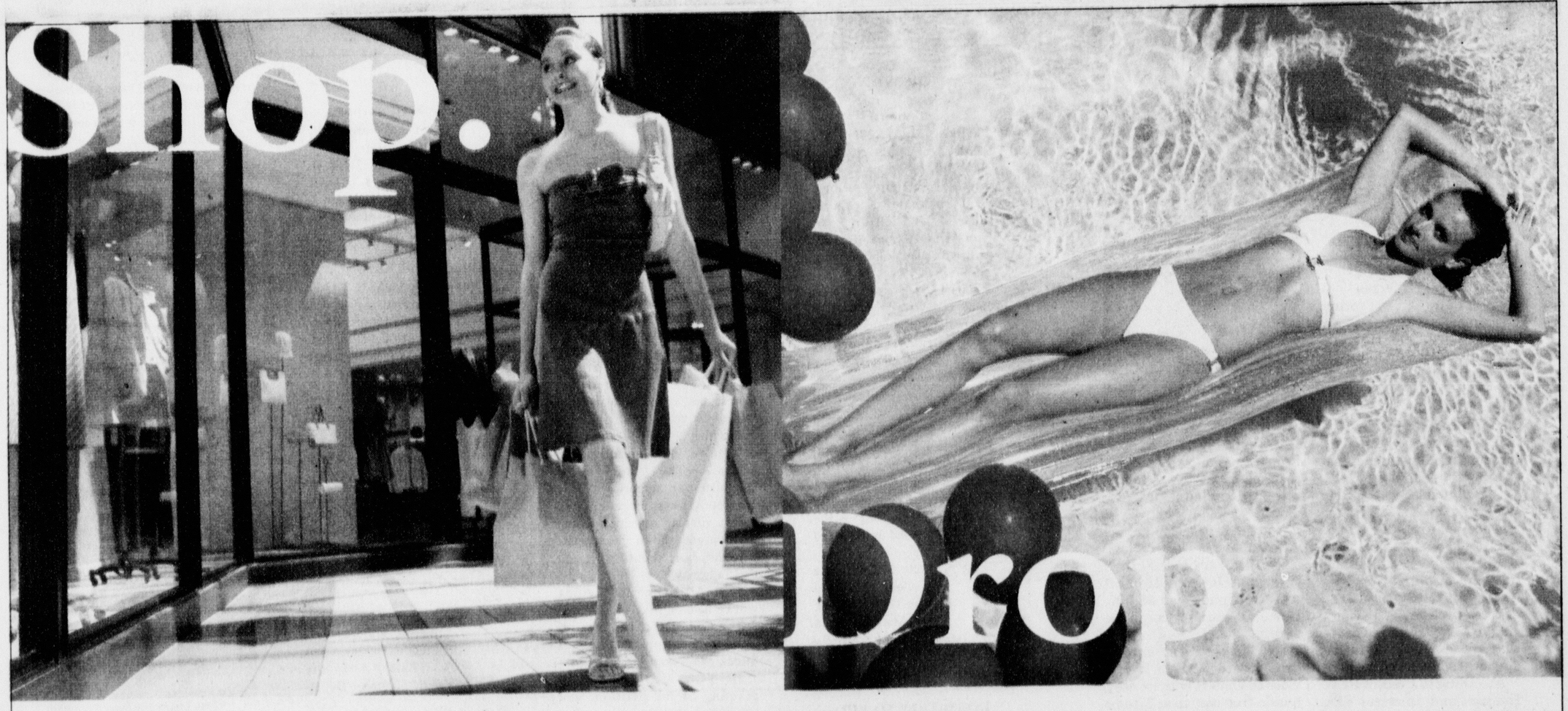
The City of West Sacramento plans several workshops for prospective homeowners. Income-eligible buyers who attend all three workshops may be eligible for up to $100,000 in assistance through the First-Time Homebuyer Assistance Program. A family of four with an annual income up to $49,500, for example, may apply. The workshops are planned for the evenings of April 20 & 27 and May 11, covering the topics of "The Homebuying Process," "Credit and Money Management" and "Home Maintenance/Good Neighbor." Call 646-2005 for information on homebuyer assistance. To see affordable homes available through the city's inclusionary housing program, call www.ci.west-sacramento.ca.us/cityhall/departments/hci/programs.cfm or call 617-4555.

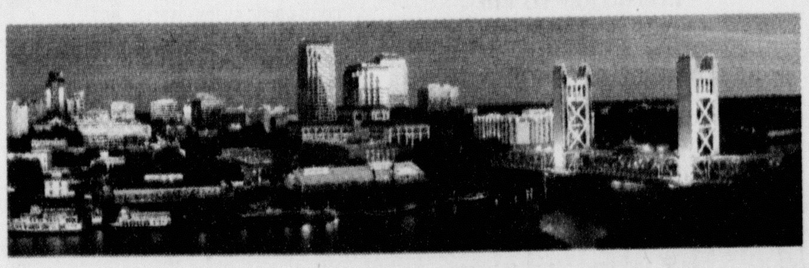
Amnesty for tires

The City of West Sacramento will hold a "tire amnesty day" on April 22 from 9 a.m. to 2 p.m. at Tower Court on West Capitol Avenue. Residents of the city may bring used or scrap tires to the drop-off facility, along with their proof of residency (utility bill, photo ID or vehicle registration). The vehicle code prohibits transporting more than nine tires without a permit. No commercial tires. For information, call 617-4590.

Walk against MS

An "MS Walk" to fight multiple sclerosis is planned for April 23 in Sacramento. Visit www.msconnection.org or call 1-800-FIGHT MS.





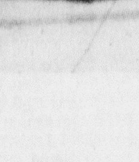
REGATTA
at The Rivers

Contemporary Condominiums Minutes from Downtown priced from the high $300,000's

Just a stone's throw from downtown, discover the perfect blend of urban and suburban living. Regatta at The Rivers, LLC offers luxury condominiums with the vibrancy of city living in your front yard, and the benefits of a master planned community in your backyard. Private parks, walking trails, and the exclusive Village Center Clubhouse featuring swimming pool and recreation center await you.

Now Selling • (916) 484-2552 Open Daily 10am to 6pm, Tuesdays 2pm to 6pm • Broker Co-Op Welcome

Prices, terms and availability subject to change without notice.



just a stone's throw from downtown

www.jtscommunities.com JTS

Nugget Markets

FORTUNE 100 BEST COMPANIES TO WORK FOR 2006

Back-to-Barbecuing Rib Fest

FRESH TO MARKET
WHERE QUALITY & PRICE MATTER

Harris Ranch USDA Choice Premium Natural Angus Beef
Short Ribs
Stop Sign Savings...2.00 lb.
2.99 lb.

Harris Ranch USDA Choice Premium Natural Angus Beef
Back Ribs
Stop Sign Savings...60¢ lb.
1.39 lb.

PRAIRIE FRESH
Prairie Fresh 100% Natural Pork
Spare Ribs
Lean and meaty small sides.
Stop Sign Savings...1.10 Lb.
1.89 lb.

Better Than BOGO
Kraft Barbecue Sauce
Selected Varieties.
18 oz. Bottle
Stop Sign Savings...1.19
69¢

Kingsford Charcoal Briquets
9 Lb. Bag
Stop Sign Savings...1.60
2.99

Dixie Stackables
Selected Varieties.
8-5/8 Inch. 35 Count.
Save 4.18 on 2
2 for $3

Best Yet Hamburger or Hot Dog Buns
Selected Varieties.
8 Count Package
Stop Sign Savings...29¢
99¢

Better Than BOGO
Heinz Squeeze Ketchup
24 oz. Bottle
Stop Sign Savings...1.30
99¢

Zee Paper Napkins
500 Count
Value Pack
Stop Sign Savings..1.70
2.99

Vlasic Spear Dill Pickles
Kosher or Zesty.
24 oz. Jar
Stop Sign Savings...1.51
1.88

Doritos Tortilla Chips
Selected Varieties.
13 oz. Bag
Save 1.98 on 2
2 for $5

Alhambra Drinking Water
24 Pack/16.9 oz. Bottles
Save 8.98 on 2
2 for $7 +crv

California Grown
Large Size Artichokes
98¢ ea.
Save 91¢ ea.

Sudwerk Premium Lager
Stop Sign Savings...2.00
5.79 +crv

APRIL 2006
AD STARTS WEDNESDAY

WED	THU	FRI	SAT	SUN	MON	TUES
19	20	21	22	23	24	25

Limit of 4 on all advertised specials, unless otherwise stated.

WHERE QUALITY & PRICE MATTER

All Gold Club Card Specials are limited to 4 items per household through the sales effective dates unless otherwise noted. We reserve the right to limit individual purchases to four packages of any item for sale, except items where otherwise noted. Sale items are not available to any commercial dealer or wholesaler. Items are subject to stock on hand. All items not available at all stores. Photos & Illustrations are for display purposes only and do not necessarily depict items that are on sale. We reserve the right to correct all printed and/or typographical errors. This advertisement was created for Nugget Markets by Doty Design, Sacramento, CA. ©2006

GROCERY



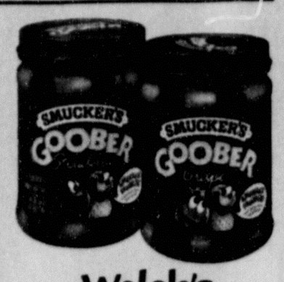
Kraft Mayonnaise
Regular, 32 oz.
Big Mouth Jar
Stop Sign Savings.... 40¢
2.99



American Beauty Macaroni
Selected Varieties.
16 oz. Package
Stop Sign Savings.... 40¢
99¢



Pasta Roni
Selected Varieties.
4.6-6.2 oz. Package
Stop Sign Savings.... 70¢
99¢



Welch's Goobers
Strawberry or Grape.
18 oz. Jar
Stop Sign Savings... 1.20
2.49



Grey Poupon Mustard
Selected Varieties.
8 oz. Jar
Stop Sign Savings... 1.50
2.49



Mezzetta Peppers or Artichoke Hearts
Selected Varieties.
6.5-16 oz. Jar
Save up to 1.78 on 2
2 for $3



Nutri-Grain or Special K Bars
Selected Varieties.
4.7-10.4 oz. Package
Save up to 2.98 on 2
2 for $5



Santa Fe Salsa
Selected Varieties.
16 oz. Jar
Stop Sign Savings.... 74¢
2.25

DRINKS



Coca-Cola 2 Liter Bottles
Selected Varieties.
Save 1.76 on 4
4 for $5 +crv



Glaceau Vitamin Water
Selected Varieties.
32 oz. Bottle
Save 1.38 on 2
2 for $3 +crv



Blue Sky Sports Drink
Selected Varieties.
16 oz. Bottle
Stop Sign Savings.... 10¢
79¢ +crv



Kern's Nectars
Selected Varieties.
11.5 oz. Can
Save 98¢ on 2
2 for $1 +crv

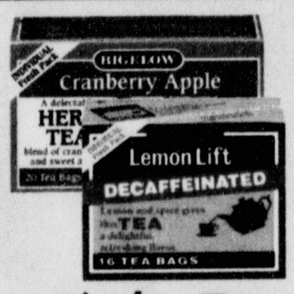
SPECIALTY FOODS



Wolfgang Puck Soup
Selected Varieties.
14.5 oz. Can
Save 1.98 on 2
2 for $5



Knorr Soup Mix
Selected Varieties.
1-2.4 oz. Package
Save up to 1.58 on 2
2 for $3



Bigelow Tea
Selected Varieties.
16-20 Count Package
Stop Sign Savings.... 50¢
2.99



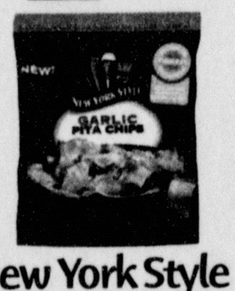
Lakewood Pomeganate Juice
32 oz. Bottle
Stop Sign Savings... 1.00
3.29



Knorr Sauces
Selected Varieties.
.5-1.8 oz. Package
Save up to 98¢ on 2
2 for $3



Knorr Pasta Sauce Mix
Selected Varieties.
.5-1.6 oz. Package
Save up to 98¢ on 2
2 for $3

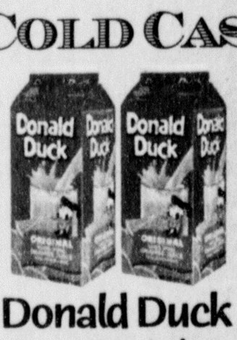


New York Style Pita Chips
Selected Varieties.
5 oz. Bag
Stop Sign Savings...50¢
2.29



Marukan Rice Vinegar
Selected Varieties.
12 oz. Bottle
Stop Sign Savings.... 50¢
1.99

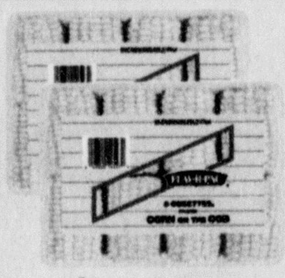
COLD CASE



Donald Duck Orange Juice
Selected Varieties.
64 oz. Carton
Stop Sign Savings.... 91¢
1.88



Jell-O Gelatin or Pudding
Selected Varieties.
6 Pack Cups
Save up to 2.78 on 2
2 for $5



Flav-R-Pac Corn on the Cob
8 Count Package
Stop Sign Savings...41¢
2.18



Nulaid Eggs
16 oz. Carton
Stop Sign Savings.... 80¢
1.89

MEAT-DELI



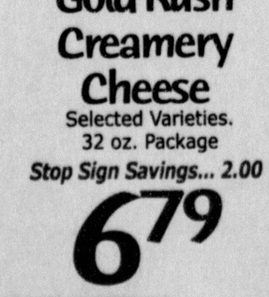
Carl Buddig Lunchmeats
Selected Varieties.
16 oz. Package
Stop Sign Savings... 1.00
3.59



Stella Shredded Cheese
Selected Varieties.
5 oz. Cup
Stop Sign Savings....1.00
2.29



Daily's Thick Sliced Bacon
Selected Varieties.
24 oz. Package
Stop Sign Savings... 2.00
5.99



Gold Rush Creamery Cheese
Selected Varieties.
32 oz. Package
Stop Sign Savings... 2.00
6.79



El Monterey Burritos
Selected Varieties.
10 Count Package
Stop Sign Savings.... 80¢
2.49



Gallo Deli Style Salame
Selected Varieties.
16 oz. Package
Stop Sign Savings... 1.40
4.99

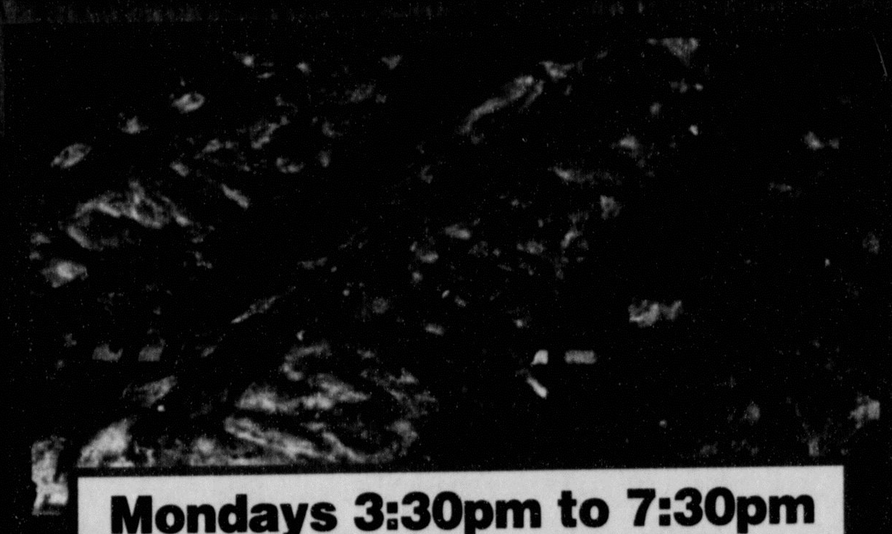


Bar S Corn Dogs
3 Lb. Package
Stop Sign Savings... 2.70
3.99



Foster Farms Sliced Turkey or Chicken Breast
Selected Varieties.
10 oz. Package
Stop Sign Savings.... 50¢
2.79

ATTENTION ALL BARB



Mondays 3:30pm to 7:30pm

Prairie Fresh 100% Natural Premium Pork Ribs

$14.99

Enjoy unsurpassed, all-natural pork ribs - seasoned with a tasty dry rub!

While supplies last.

Ranch Style Beans
15 oz. Can
Save 1.18 on 2
2 for $1



Coca-Cola or Dasani Water 12 Packs
Selected Varieties. 12/12 oz. Cans or Dasani 12 oz. Bottles
Stop Sign Savings...1.00
3.99 +crv



Wish-Bone Salad Dressing
Selected Varieties.
16 oz. Bottles
Stop Sign Savings...92¢
1.99



Kraft Macaroni & Cheese Dinner
7.25 oz. Package
Save 1.57 on 3
3 for $2



FOLLOW THE STO

In addition
look for

YOU CA
LOOK F

STOP

L BARBECUE LOVERS



Thursdays 3:30pm to 7:30pm

USDA Choice Harris Ranch
Premium Natural Angus Beef Tri Tips
$14.99

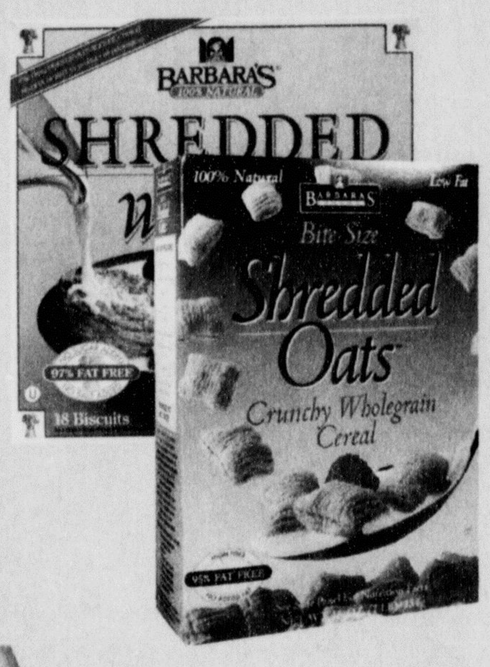
Guaranteed to make your mouth water second to none Tri-Tips enhanced with our signature burgundy pepper marinade

* In Davis, only available at our Mace Blvd. location.

Barbara's Shredded Cereals

Selected Varieties.
13-16 oz. Package
Stop Sign Savings...1.50

2.99



Minute Maid Coolers

Selected Varieties.
10 Count Package
Stop Sign Savings...1.62

1.77



Mott's Apple Juice

64 oz. Bottle
Save 3.98 on 2

2 $3 for



Kellogg's Cereal

Raisin Bran Crunch 18.2 oz.,
Frosted Mini Wheats 19 oz.
or Frosted Bite Size Mini
Wheats 16 oz.
Save up to 4.98 on 2

2 $5 for



THE STOP SIGNS FOR GREAT SAVINGS!

In addition to our everyday low prices, look for our Stop Sign Savings!

YOU CAN'T BEAT THESE PRICES!
LOOK FOR THE SAVINGS TODAY.

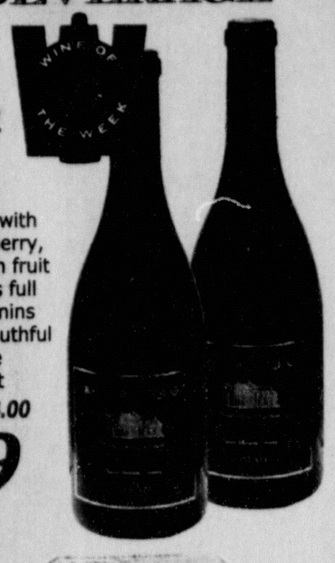
STOP = SAVINGS

ADULT BEVERAGE

Rancho Sysquoc Syrah

Deep and thick in color with sweet vanilla, lush blackberry, black cherry and ripe plum fruit aromatics. The mouth is full and firm with chewy tannins that create a clean and youthful finish. 750 ml. Bottle
* While supplies last
Stop Sign Savings...14.00

14.99



Clos Du Bois Wines

Sauvignon Blanc or Chardonnay. 750 ml. Bottle
Stop Sign Savings...4.00

7.99



Kenwood Wines

Selected Varieties.
750 ml. Bottles
Stop Sign Savings... 6.00

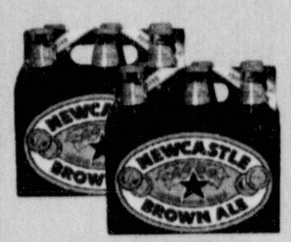
10.99



Newcastle Brown Ale

6 Pack/12 oz. Bottles
Stop Sign Savings... 3.00

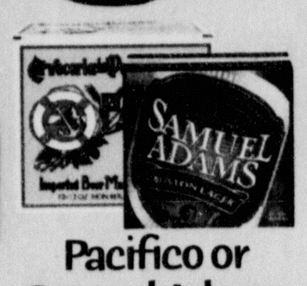
5.99 +crv



Pacifico or Samuel Adams

Selected Varieties.
12 Pack/12 oz. Bottles
Save up to 4.70

9.99 +crv



Mike's Hard Lemonade

Selected Varieties.
6 Pack/12 oz. Bottles
Stop Sign Savings... 1.50

5.99 +crv



Jack Daniel's Whiskey

750 ml. Bottle
Stop Sign Savings... 2.00

16.99



NATURAL LIVING

E.O. Shampoos or Conditioners

To create a truly unique hair care products, EO combines natural ingredients with therapeutic essential oils. EO's special formula preserves the potency of the plant nutrients and essential oils that nourish the scalp and hair. These gentle products are fragrant and moisturizing.
Save up to:

15% off



Oregon's Wild Harvest Aller-Aid

We have combined freeze-dried organic nettle and scientifically researched ingredients to complete this formula. The flavonoid, Quercetin work synergistically with Vitamin C. 90 Caps. Non GMO
Save up to:

10% off



HEALTH & BEAUTY

St. Ives Apricot Scrub

Selected Varieties.
6 oz. Bottle
Stop Sign Savings... 1.70

2.29



St. Ives Body Wash

Selected Varieties.
13.5 oz. Bottle
Stop Sign Savings... 1.20

2.29



Herbal Essences Citrus Lift Styling

Selected Varieties.
6-16 oz. Bottles
Save up to 1.60

2.99



Kotex Tampons

Selected Varieties.
18 Count Package
Stop Sign Savings... 1.00

2.99

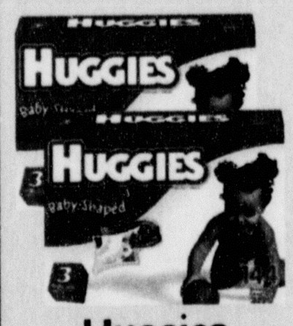


HOUSEHOLD NEEDS

Huggies Diapers

Selected Varieties.
92-144 Count
Save up to 12.60

24.99



Friskies Buffet Cat Food

Selected Varieties.
5.5 oz. Can
Save 56¢ on 4

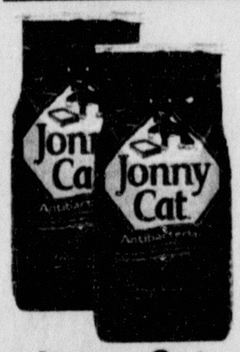
2 $1 for



Jonny Cat Cat Litter

Selected Varieties.
10 Lb. Bag
Save up to 90¢

1.99



Pedigree Mealtime Dog Food

Small Bites. 22 Lb. Bag
Stop Sign Savings... 2.29

11.99



Nugget Markets
THE Best OF THE Barrel

The Leukemia & Lymphoma Society
Fighting Blood Cancers
PRESENTS A

BENEFIT WINE TASTING

AT THE NUGGET MARKET
2000 TOWN CENTER PLAZA • W. SACRAMENTO

FRIDAY, MAY 12TH, 2006
5-8PM

TICKETS $30.00

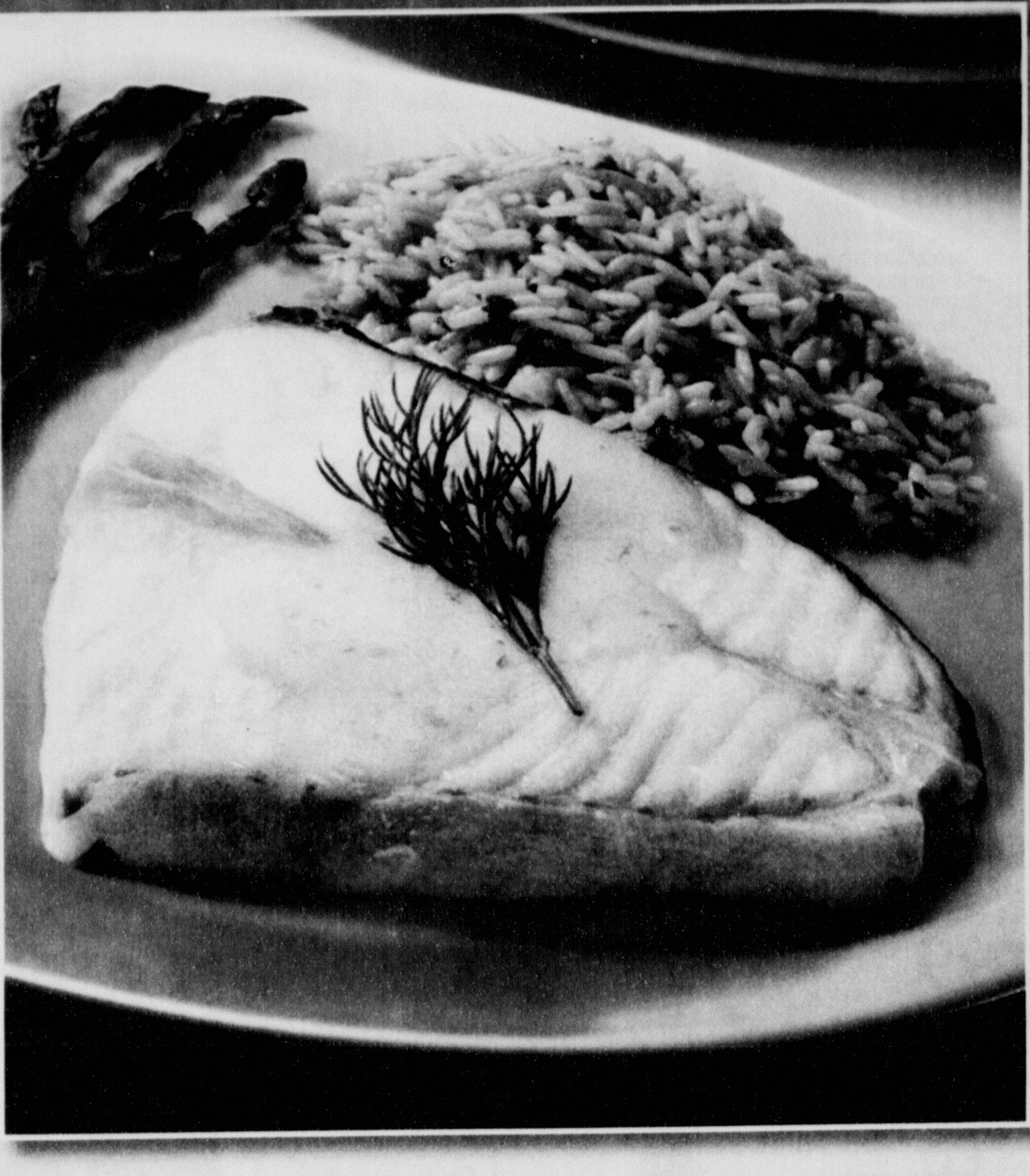
MAKE CHECKS PAYABLE TO NUGGET MARKETS

TICKETS AVAILABLE AT:
NUGGET MARKET, 2000 TOWN CENTER PLAZA
W. SACRAMENTO (916) 375-8700
NUGGET MARKET, 1040 FLORIN ROAD
SACRAMENTO (916) 395-2875
THE LEUKEMIA & LYMPHOMA SOCIETY
(916) 348-1793 OR WWW.LLS.ORG/SAC



Every year, over 60,000 Americans die from blood related cancers. The Leukemia & Lymphoma Society Leads the world in searching for cures and improving the lives of patients and their families.

A portion of the proceeds will benefit the Leukemia & Lymphoma Society in the fight against blood cancers.



Flaky and Rich
Fresh Halibut Steaks
White meat with a delicate flavor.

9.99 lb.

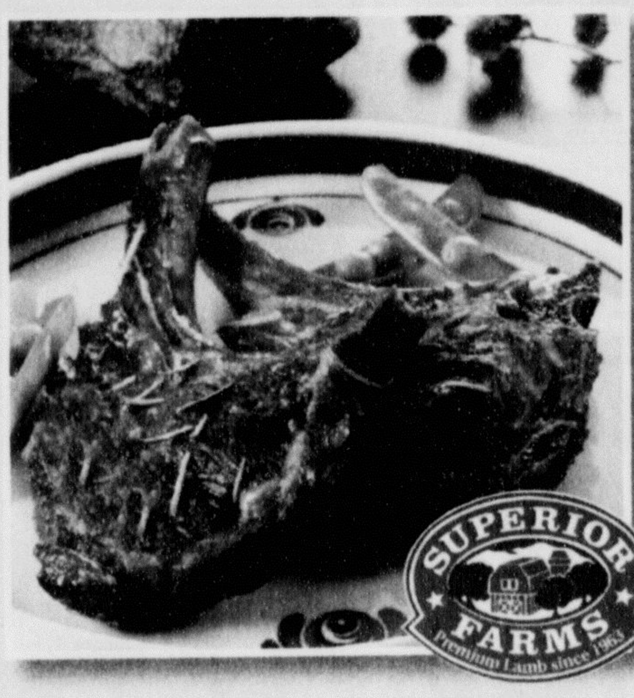
Stop Sign Savings...5.00 lb.



Foster Farms California Grown
Drumsticks, Thighs or Whole Legs
In the Value Pack.

99¢

Stop Sign Savings...60¢ lb.



Superior Farms USDA Choice
Fresh Lamb Loin Chops
Stop Sign Savings...2.00 lb.

9.99 lb.



Nugget's Own Fresh Sausage of the Week:
Chicken Bratwurst
Save 1.50 lb.

2.99 lb.



Smart Chicken
Boneless Skinless Chicken Breasts
Stop Sign Savings...1.80 lb.

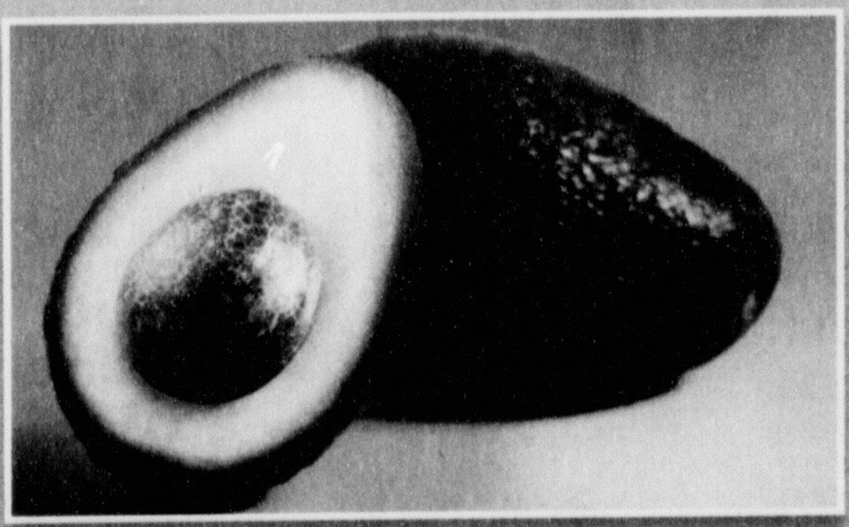
4.49 lb.



Light and Flaky
Orange Roughy Fillets
Previously frozen.
Stop Sign Savings...4.00 lb.

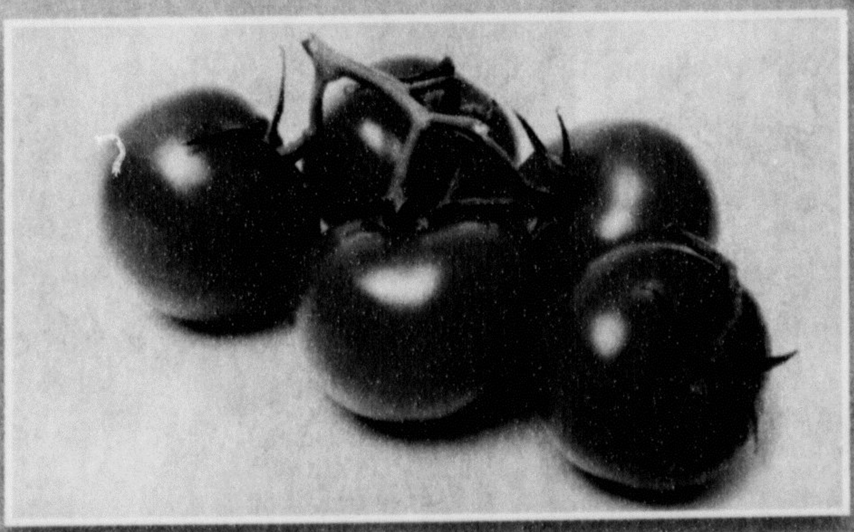
8.99 lb.

– Fresh Produce Specials –



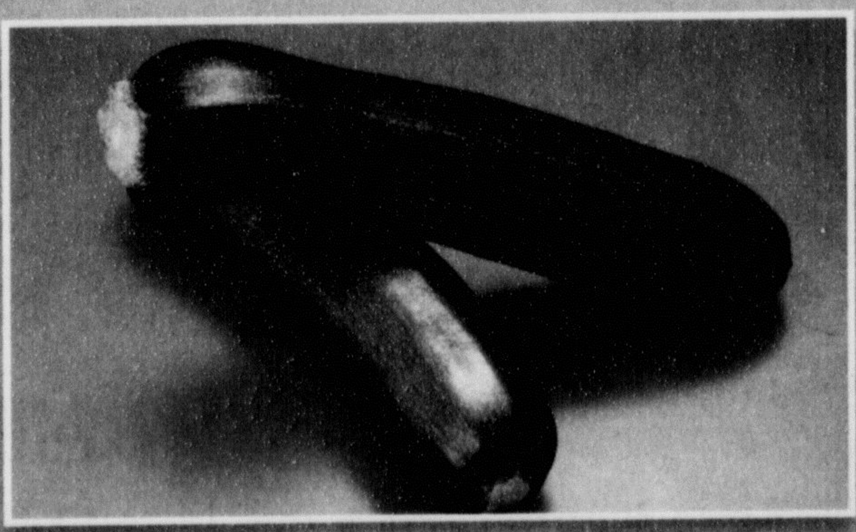
California Grown
Large Hass Avocados
Stop Sign Savings...21¢ ea.

78¢ ea.



Imported
Red Cluster Tomatoes
Stop Sign Savings...81¢ lb.

1.98 lb.



Crisp Imported
Italian Squash (Zucchini)
Stop Sign Savings...41¢ lb.

98¢ lb.



Whole Imported
Honeydew Melons
Stop Sign Savings...51¢ lb.

68¢ lb.



Locally Grown
Organic Asparagus
Stop Sign Savings...1.01 lb.

4.98 lb.



Fresh Express
Salad Blends
Take your choice of BLT, Salsa, Ranch or Asian. Ready to eat!

Save 1.98 on 2

2 for $5